

STOKES COUNTY
HOME DEMONSTRATION



COOK BOOK

Favorite Recipes of Stokes County
Home Demonstration
Club Women

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Stokes County Home Demonstration Cook Book

Collected and Published by
FEDERATION OF HOME DEMONSTRATION CLUBS
Stokes County, North Carolina

FOREWORD

The first cook book compiled and published by the Federation of Home Demonstration Clubs of Stokes County was so successful that the supply was soon exhausted. In response to the many requests for books, this new revised edition has been compiled, using many of the recipes in the first book, with choice new recipes from homemakers from all the clubs in the county, who have for years delighted their families and friends with these products of their skill.

The printing of the new book has been assumed as a project to raise money to pay a pledge given by the clubs to help to equip the kitchen of the Stokes County Hospital.

The committees appreciate the work of everyone who has helped to make the book a success; the homemakers, the advertisers, the artist and the poet, the Home Economics Teachers, the Home Agent, and others who have been so generous with both time and effort.

Mrs. H. E. Carter, Sandy Ridge HDC

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Gift, L.B. Pope

NCC
NcU



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 Chapel, Quaker Gap.

Note: These recipes have been submitted by club women and
 have been tested only by them.

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Table Measures and Abbreviations

tsp.—teaspoon	lb.—pound
tbsp.—tablespoon	oz.—ounce
pt.—pint	qt.—quart
3 tsp.—1 tablespoon	16 tbs.—1 cup

RAMBLING THOUGHTS OF A CLUBWOMAN

Home is where the heart is,
The sweetest place I know;
Though it's just an humble cabin,
It's our heaven here below.
It's a refuge when we're weary,
Where we renew our strength again,
It's a world of strife shut out,
And a world of peace shut in.

But when we work at home for quite awhile,
Maybe thirty or forty years;
We become so worn and weary,
We are almost moved to tears.
And we think sometimes we don't want a home,
For a home is simply drudgery;
But the demonstration club just picks us up,
Then we think the home's a luxury.

And all these demonstration girls,
My, they are the stuff!
I learn something new each time I go
After thinking maybe I knew enough.
They meet together old and young,
The weak, the strong, the brave,
Which is as it should be, for well we know
All heads are level at the grave.

They try to lift us up to a higher plane of living.
They think that's the thing.
They don't care what your politics is
Or in what church you pray and sing.
The wonderful recipes that they have,
Even down including
Pound cake like my Grandma made
And old fashioned potato pudding.

And really it is down right shocking
The flowers they make
Out of the old ragged stocking.
And sometimes it makes me almost chuckle
That there's a need for that rambling
Old honeysuckle.

Well, there's no telling yet what that bunch will do,
But it will just be according to my best wishes,
If they can invent something that
Will cook and wash the dishes.
I am requesting you to do one thing
And do it very soon.
Try every one of these good recipes
But please don't swallow your spoon.

—Written by Mrs. Cora Fulton Davis, Walnut Cove HDC.

BEVERAGES



ICED COFFEE

Prepare double-strength coffee by any method. Pour over cracked ice in tall glasses.

OR:

Freeze regular strength coffee in automatic refrigerator trays. To serve, pour freshly made hot coffee over cubes placed in tall glasses. Serve Iced Coffee with sugar and cream—plain or whipped.

Christine Yarbrough Gentry, King HDC

"BOILED" COFFEE (STEEPED)

- | | |
|----------------------------|----------------------|
| 1 cup medium-ground coffee | 1 cup cold water |
| Few grains salt | 7 cups boiling water |

Mix coffee, salt, and cold water. Add boiling water. Heat to just below boiling point. Let settle 5 minutes in warm place. Strain into heated coffee pot.

Boiling extracts tannin in large amounts and increases loss of caffeol so is avoided in making coffee.

To clear:

Method 1—Add a little cold water at beginning of settling process to aid in carrying heavy coffee particles to bottom.

Method 2—Add a slightly beaten egg with the crushed shell, or a slightly beaten egg white, or several crushed shells, to coffee and cold water at beginning of process. The particles of coffee adhere to egg as it coagulates and settling is more easily accomplished. 12 servings, $\frac{1}{2}$ cup each.

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VARIATION

Cold Water Coffee—Mix as for “Boiled” Coffee using cold instead of boiling water. Heat mixture to just below boiling point. Settle, adding cold water if egg has not been used.

Mary Sue Norman, Asst. Home Demonstration Agent

CINNAMON ALMOND FLOAT

(A drink that has eye appeal as well as taste appeal. For the youngsters and their elders.)

- | | |
|------------------------------------|----------------------------|
| $\frac{1}{3}$ cup sugar | $\frac{1}{2}$ tsp. vanilla |
| $\frac{1}{4}$ tsp. ground cinnamon | 1 pint vanilla ice cream |
| 1 tsp. almond extract | 1 qt. cold milk |

Combine sugar and cinnamon. Add milk and flavoring and stir until sugar is dissolved. Pour into tall glasses and top each with a generous spoonful of ice cream. Serves six.

Mrs. J. H. Robertson, Sr., Pine Hall HDC

BREAKFAST COCOA

- | | |
|-----------------------------|-----------------------------------|
| 3 tbsps. cocoa | Few grains salt |
| $\frac{1}{4}$ cup sugar | 2 cups scalded milk |
| $\frac{1}{2}$ cup hot water | $1\frac{1}{2}$ cups boiling water |

Boil cocoa, sugar, $\frac{1}{2}$ cup water, and salt 10 minutes. Add the milk and $1\frac{1}{2}$ cups water and cook 20 to 30 minutes in double boiler to develop flavor. Beat with dover beater until frothy. Serve in hot cups. For a richer beverage substitute 1 cup milk for 1 cup water. $\frac{1}{16}$ tsp. cinnamon improves flavor. Serves 6.

Mrs. William Gentry, King HDC

GRAPE MASH

- | | |
|------------------|----------------------|
| 12 pounds grapes | 5 oz. Tar-Taric acid |
| 2 qts. water | |

Mash grapes, add water, then add acid and let stand for 2 days and nights. Strain and to each pint of juice add $1\frac{1}{2}$ pounds of sugar, stir until all the sugar has dissolved. Can in sterilized jars. Seal and set away anywhere you keep other canned foods.

To serve use 3 or 4 tablespoonsful to each glass of ice water.

Laura V. Ellington, Sandy Ridge Club

PUNCH

- | | |
|-----------------------------|--------------------------|
| 1 tall can orange juice | 1 #2 can pineapple juice |
| 1 tall can grapefruit juice | 1 large bottle gingerale |

Mrs. Troy Ziglar, Sandy Ridge HDC

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FRUIT PUNCH

1 $\frac{1}{4}$ cups sugar	1 $\frac{1}{2}$ cups water
1 $\frac{1}{2}$ cup lemon juice	1 $\frac{1}{2}$ cup orange juice
1 pt. grape juice	2 cups water
Tea infusion	1 qt. ginger ale

Boil sugar and 1 $\frac{1}{2}$ cups water 8 minutes. Strain juices of lemon and oranges. Combine grape juice, tea infusion and 2 cups water with sugar and water mixture. Let chill for several hours. Add ginger ale. Then pour over ice and garnish with mint leaves, strawberries sliced, bits of oranges, lemon or cherries. 30 servings.

Mrs. William Gentry, King HDC

LEMONADE

3 $\frac{3}{4}$ cup sugar	4 cups water and ice
1 $\frac{1}{2}$ cup lemon juice	

Boil sugar and 2 cups of the water together 10 minutes. Cool, add lemon juice and balance of water. Pour over ice. 6 servings.

Mrs. William Gentry, King HDC

RUSSIAN TEA

1 small stick cinnamon	4 lemons
8 oranges or 1 small can orange juice	1 tbsp. spice cloves
1 can pineapple juice	5 tsp. tea steeped in 8 cups boiling water
2 c. sugar and 8 cups water	

Boil together water, sugar and cloves (tied in bag) from 3 to 5 minutes. Add hot tea to sugar mixture. Then put in all the juice and heat to boiling point. (Don't let boil.) This will serve 20 cups.

Mrs. Troy Ziglar, Sandy Ridge HDC

TEA

2 cups boiling water	2 lemons
10 tbsp. tea	8 cups cold water
1 $\frac{1}{2}$ cups sugar	

Add the tea to the boiling water and let it steep for 3 minutes. Strain tea and add 1 $\frac{1}{2}$ cups sugar, two lemons and mix well. Then add 8 cups cold water and serve over ice.

Jane Bledsoe, Home Demonstration Agent

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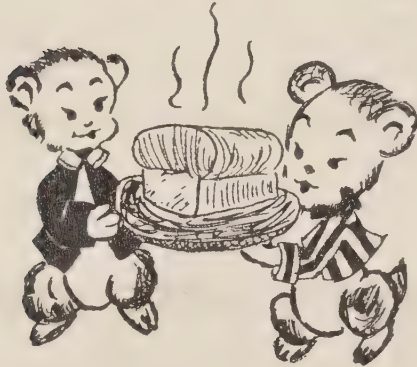
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BREAD



BREADS

If not sure whether the baking powder you have on hand is still fresh, it may be tested by mixing one teaspoon of baking powder with about $\frac{1}{3}$ cup hot water. If mixture bubbles energetically, the baking powder is still active and can be used safely. If the bubbling is very slight or does not bubble at all, the baking powder has lost its strength and should be thrown away.

BISCUITS

2 cups flour
 $2\frac{1}{2}$ tsp. baking powder
 1 tsp. salt

$\frac{1}{4}$ cup shortening
 $\frac{2}{3}$ cup milk

Sift together dry ingredients. Cut in shortening. Make soft dough of milk. Knead lightly. Roll one-half inch thick, cut. Bake 450 deg. F. about 10 minutes.

Mrs. Dewey Long, King HDC

CHEESE BISCUITS

$\frac{1}{4}$ lb. very sharp cheese
 1 cup flour
 Dash paprika (optional)

$\frac{1}{4}$ lb. butter or margarine
 $\frac{1}{2}$ tsp. salt

Cream butter, grate cheese. Work in cheese and cream with butter. Work flour into cheese-butter mixture. Roll out $\frac{1}{2}$ inch thick and cut with biscuit cutter. Bake in 450 deg. oven for 12 to 15 minutes. Makes 24 cheesepuffs.

Mrs. Vance Pepper, Danbury HDC

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BANANA BREAD

Melt $\frac{1}{2}$ cup butter and set aside. Sift $1\frac{1}{2}$ cups flour, 1 tsp. soda, 1 tsp. salt, set aside. Beat well 2 eggs, mix 1 cup sugar, 3 crushed bananas with the melted butter. To this add the flour mixture. Put in greased loaf pan and let rise 20 minutes. Bake in 325 deg. oven (moderate) for one hour.

Mrs. Vance Pepper, Danbury HDC

REFRIGERATOR BISCUITS

$4\frac{1}{2}$ cups flour	1 yeast cake
$\frac{1}{4}$ tsp. soda	$\frac{1}{4}$ cup shortening
4 tsp. baking powder	2 cups buttermilk
1 tsp. salt	

Mix dry ingredients. Add yeast, melted shortening and milk. Turn out on lightly floured board, knead gently. Roll and cut. Bake in hot oven (450 deg. F.). This dough keeps in refrigerator for one week. If your family wants hot bread daily this saves time. (From Progressive Farmer.)

Mrs. Rufus Rhyne, Walnut Cove HDC

DROP BISCUIT

2 cups flour	4 tsp. baking powder
$\frac{1}{2}$ tsp. salt	$2\frac{1}{2}$ tbsp. fat
$\frac{3}{4}$ cup milk or water	

Mix dry ingredients, then cut fat into mixture with two knives until fat is the size of peas. With a knife mix liquid with dry ingredients. The mixture is of proper consistency when it can be dropped from a spoon without spreading. Drop teaspoonful on an oiled or greased biscuit pan.

Mrs. Victor Phillips, Walnut Cove HDC

DIXIE SPOON BREAD

2 cups enriched white corn meal	$1\frac{1}{2}$ tsp. salt
2 cups boiling water	1 tbsp. drippings or butter
2 beaten egg yolks	1 tsp. soda
2 cups buttermilk	2 stiff-beaten egg whites

Sift together corn meal and salt into mixing bowl. Add boiling water, making a stiff dough. Stir in drippings and beaten egg yolks. Combine soda and buttermilk; add to corn meal mixture, stirring until smooth. Fold in beaten egg whites. Pour into a greased baking dish (2 quart size) and bake in a hot oven (400 deg. F.) 40 to 45 minutes. Serve immediately with butter or gravy.

Mrs. Barlow Bowles, Danbury HDC

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DELICIOUS ROLLS

- | | |
|-------------------------------------|------------------------------|
| 1 cup flour, packed | $\frac{1}{2}$ cup warm water |
| $\frac{1}{2}$ cup sugar | 2 eggs |
| $\frac{3}{4}$ cup crisco or any fat | 1 cup mashed potatoes |
| 1 pkg. yeast | 1 cup hot water |

Pour yeast in half cup warm water. Let set while you mix together the lard, potatoes, sugar, eggs and 1 cup of hot water. Cool and add yeast and 1 cup flour. Whip together till smooth. Let set till double in bulk. Cover with towel while rising in warm room. About $1\frac{1}{2}$ hours. Then add $5\frac{1}{2}$ cups flour and $\frac{3}{4}$ tsp. salt sifted together or enough flour to make soft dough. Knead well and place in greased bowl and set in warm place. Cover with cloth till double in bulk. About 2 hours. Then punch down and let rise again. Chill and make rolls. These are best baked the same day they are made. This also makes delicious loaf. Bake in oven 400 deg. F.

Mrs. James H. Robertson, Sr., Pine Hall HDC
Mrs. James H. Robertson, Jr., Pine Hall HDC

JIFFY ROLLS

(12 or more)

- | | |
|----------------------------------|---------------------------|
| 1 pkg. yeast | 3 tbsp. sugar |
| $\frac{1}{2}$ cup lukewarm water | About 3 cups sifted flour |
| $\frac{1}{2}$ cup scalded milk | 3 tbsp. shortening |
| 1 tsp. salt | |

Pour yeast into the water. Add $\frac{1}{2}$ tsp. sugar, stir and let stand 5 minutes. Scald milk, add salt and remaining sugar. Let cool. Measure 2 cups flour into mixing bowl. Add softened yeast and the lukewarm milk mixture. Beat smooth. Next add the shortening, melted, but not hot. Beat again adding just enough flour until dough forms a ball which holds its shape. Let rise until doubled. Shape into rolls. Let rise in greased pan until doubled. Bake 15 to 20 minutes in hot oven at 400 deg. F.

Mrs. Blair Watkins, Cleo's HDC

CORN MEAL YEAST MUFFINS

- | | |
|----------------------------------|-----------------------------------|
| $1\frac{3}{4}$ cups corn meal | $1\frac{1}{2}$ cups milk, scalded |
| 1 tsp. salt | 2 tbsp. brown sugar |
| 4 tbsp. melted butter | 1 cake or package yeast |
| $\frac{1}{2}$ cup lukewarm water | 2 eggs, well beaten |
| 3 cups sifted flour | |

Slowly stir meal into scalded milk. Mix in salt, sugar and melted butter. Cool to lukewarm. Dissolve yeast in lukewarm water and add to corn meal mixture. Add eggs and flour, beat well. Fill greased muffin tins half full. Cover and let rise in warm place about 1 hour or until light. Bake in a moderate oven about 30 minutes.

Mrs. W. A. Hanes, Pine Hall HDC

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GRITS GRIDDLE CAKES

Use your left over grits. Mix until smooth. Add whole egg, stir until well mixed. Add enough milk to make thin batter. Add about $\frac{1}{2}$ cup flour, 1 tsp. baking powder, salt to taste. Pour on very hot griddle, slightly greased. Brown both sides. Serve hot.

Laura V. Ellington, Sandy Ridge HDC

CRUSTY CORN BREAD

- | | |
|----------------------|-------------------------------------|
| 1 cup enriched flour | 1 cup yellow corn meal |
| 1 tsp. salt | 1 well-beaten egg |
| 4 tsp. baking powder | 1 cup milk |
| 2 tbsp. sugar | $\frac{1}{4}$ cup melted shortening |

Sift flour, salt, baking powder, and sugar; mix with corn meal. Combine egg, milk, and shortening; add to dry ingredients; stir just until moistened. Bake in greased 9-inch square pan in hot oven (450 deg. F.) until golden brown about 25 minutes.

Mrs. Clay W. Vance, King HDC

CORN MUFFINS

- | | |
|-------------------------------------|------------------------------|
| 2 cups flour | 4 tsp. Calumet baking powder |
| $1\frac{1}{2}$ tsp. salt | 6 tbsp. sugar |
| $1\frac{1}{2}$ cups corn meal | $1\frac{2}{3}$ cups milk |
| $\frac{1}{3}$ cup melted shortening | |

Sift flour once, measure. Add baking powder, salt, and sugar. Sift together into bowl. Add corn meal and mix well. Combine eggs and milk. Add to flour mixture. Add shortening. Then mix only enough to dampen flour. Cook in greased muffin tins at 425 deg. F.

Mrs. Herbert Boles, Leak Memorial HDC

Mrs. Dewey Long, King HDC

HARVEST BREAD

- | | |
|----------------------------------|---|
| 2 cups sifted flour | 4 tbsp. baking powder |
| $\frac{3}{4}$ cup sugar | $\frac{1}{4}$ tsp. salt |
| 2 eggs | 1 cup milk |
| 3 tbsp. shortening | $\frac{1}{2}$ cup chopped nuts |
| $\frac{1}{4}$ cup candied citron | $\frac{1}{4}$ cup currants (can be omitted) |
| 2 tbsp. chopped candied cherries | 2 tbsp. chopped candied lemon peel |

Mix and sift the dry ingredients. Beat eggs and combine with milk and melted shortening.

Mrs. J. F. Martin, Danbury HDC

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HUSH PUPPIES

- | | |
|-----------------------------------|------------------------|
| 2 cups enriched corn meal | 2 tbsp. enriched flour |
| 1 tsp. soda | 1 tsp. baking powder |
| 1 tbsp. salt | 1 egg |
| 6 tbsp. chopped onion, if desired | 2 cups buttermilk |

Mix all dry ingredients, add chopped onion, then milk and eggs. Drop by spoonful into deep hot grease. When done they will float. Put on brown paper to drain.

Mrs. Oliver Goin, Collinstown HDC

HUSH PUPPIES

- | | |
|----------------------|---------------|
| 1 cup meal | 2 tbsp. flour |
| 1 tsp. salt | Grated onion |
| 4 tsp. baking powder | Pinch soda |
| 1 egg | Sweet milk |

Mix and fry in hot deep fat. When brown drain. Serve while hot.

Mrs. Betty Bolejack, Poplar Springs HDC

DUMPLINGS

Sift together: $1\frac{1}{2}$ cups sifted flour, 2 tsp. baking powder, $\frac{3}{4}$ tsp. salt. Stir in only until blended $\frac{3}{4}$ cup milk. Drop by spoonful onto chicken or meat in boiling meat stock (not in liquid). Cook 10 minutes with kettle uncovered and 10 minutes tightly covered. Remove dumplings and meat to hot platter. Keep hot while making gravy. Pour part of gravy around them. Serve remainder separately.

Mrs. Myrtle Tuttle, Capella HDC

BUTTERMILK WAFFLES

- | | |
|-------------------------|---------------------------------|
| 2 cups sifted flour | 2 tsp. baking powder |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{2}$ tsp. baking soda |
| 3 tbsp. sugar | 2 eggs, separated |
| 2 cups buttermilk | $\frac{1}{4}$ cup melted butter |

Sift flour, baking powder, salt, soda and sugar together. Combine egg yolks, buttermilk and butter. Add dry ingredients and mix well. Fold in stiffly beaten egg whites. Bake on hot waffle iron.

Mrs. Lydia Hodge, Sandy Ridge HDC

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WAFFLES

- | | |
|--|---------------------------|
| 2 cups flour | 2 tsp. baking powder |
| 1 tsp. salt | 1 $\frac{1}{4}$ cups milk |
| 6 tbsp. melted butter or
other shortening | 2 eggs |

Sift dry ingredients. Separate white and yolk of eggs. Beat yolks, add milk and mix well. Add sifted dry ingredients, beating until smooth. Add melted shortening and stir well. Fold in well beaten egg whites. Cook on electric waffles iron.

Mrs. Sam Vernon, Sandy Ridge HDC

RAISED BUCKWHEAT CAKES

- | | |
|-------------------------|--------------------------------------|
| 1 cup milk | $\frac{1}{2}$ pkg. yeast |
| $\frac{1}{4}$ tsp. salt | 1 $\frac{1}{3}$ cups buckwheat flour |
| 1 tbsp. molasses | |

Scald milk; cool. Add yeast, let stand 5 minutes. Add salt and buckwheat flour, beating until smooth. Add molasses. Let rise at least 2 hours, or overnight. Bake on a lightly greased hot griddle.

Jane Bledsoe, Home Demonstration Agent

MY MOTHER'S SPOON CORN BREAD

Scald 2 cups milk, add gradually $\frac{1}{3}$ cup corn meal (yellow preferred) and cook for 10 minutes, stirring constantly. Beat the yolks of 3 eggs together with $\frac{1}{2}$ tsp. salt. Pour the cooked milk and cornmeal mixture over the beaten egg yolks and blend well. Beat 3 egg whites until stiff. Fold egg whites into the milk, cornmeal and egg yolk mixture. Bake in a casserole (with just the bottom buttered) in a 325 deg. F. oven until nicely browned (about 40 minutes). Serve immediately from the dish. Serves 4.

Mrs. Dallas C. Kirby, Danbury HDC

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CAKES



CAKES

To prevent cake from sticking to the plate when sliced, sprinkle plate with confectioners' sugar before putting cake on it.

Eggs for cake making should be at least five days old, but not over a month old. The whites of fresh eggs will not whip and hold properly.

Cane sugar and regular cake flour make best cakes.

Waxed paper greased and fitted to the bottom of pan insures the cake coming out properly. (This does not include sponge and angel food cakes.)

When creaming the butter and sugar mixture of a cake try adding 2 tablespoons of boiling water. This makes a fine textured cake.

Sugar in fried cakes, fritters, etc., should always be added to the milk—this prevents the cakes from absorbing the fat in the frying.

Turn an angel food or sponge cake upside down as soon as it is removed from the oven. Let it hang thus for an hour, then take from pan.

Do not grease the sides of cake pans. The cake will not rise properly if it cannot hold to the side of the pan as it rises.

An apple cut in half and placed in the cake box will keep

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the cake fresh several days longer.

Too much liquid will make a cake that falls easily.

When packing a cake for a picnic, sprinkle waxed paper with powdered sugar before wrapping a frosted cake. The frosting will then stick to the cake instead of the paper.

AMBROSIA CAKE

Sift together:

2½ cups flour	1 tsp. salt
3 tsp. baking powder	1¼ cups sugar

Mix together in cup:

1 cup milk	1½ tsp. vanilla
------------	-----------------

Mix above ingredients together along with 5 egg whites, ⅔ cup soft Crisco, ½ cup sugar.

Sift dry ingredients in shortening or Crisco. Add milk mixture. Beat 300 strokes (2 min.). Make a meringue by beating egg whites until stiff and adding ½ cup sugar a small amount at a time. Add meringue to cake batter. Beat 150 strokes. Pour into 2 layer cake pans. Bake 350 deg. F. for 35 minutes.

(Use orange filling, snow frosting with cocoanut and orange slices.)

Mrs. Dewey Long, King HDC

ANGEL FOOD CAKE

1½ cups flour	1½ cups egg whites (12-14 eggs)
1¾ cups sugar	
¼ tsp. salt	2 tbsp. orange juice
Flavoring - almond or vanilla	1½ tsp. cream of tartar

Sift flour, sugar and salt 6 or 7 times together. Add orange juice to egg whites and beat until stiff but not dry. Gently fold in flour and sugar with a flat egg beater. Put wax paper in bottom of pan and drop batter into pan. Bake at 300 deg. F. for an hour using heat from the bottom.

Mrs. Scott Dalton (deceased)

Submitted by: Mrs. J. H. Robertson, Pine Hall HDC

ANGEL TUTTI-FRUITTI

(Serves 12-16)

8-10 inch bakers' angel food cake	Heavy cream
Confectioners' sugar	#2½ can fruit cocktail

Cut slice from top of cake about one inch thick. Reserve cut

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slice. Cut center of cake to within 1 inch of outer cake surface on sides and bottom. Remove cut portion. Whip 2 cups heavy cream until stiff. Fold in $\frac{1}{2}$ cup confectioners' sugar, 1 teaspoon vanilla, $\frac{1}{2}$ teaspoon almond extract. Drain fruit cocktail. Divide whipped cream in half. Fold fruit cocktail into one part of whipped cream. Fill cake with fruit cocktail mixture. Replace top of cake. Cover top and sides of cake with remaining whipped cream. (If desired, decorate with finely chopped, drained fruit cocktail.) Chill before serving.

Mrs. W. J. Blackwell, Pine Hall HDC

PINEAPPLE UPSIDE DOWN CAKE

$\frac{1}{2}$ cup butter

1 cup brown sugar

Place brown sugar and butter in pan and lay slices of pineapple in pan on sugar.

For batter: Beat yolks of 3 eggs until light. Add 6 tablespoons of pineapple syrup and beat until fluffy. Add 1 cup white sugar, 2 cups flour, one teaspoon baking powder, one-half cup milk and one tablespoon butter. Add well beaten egg whites and pour over pineapple. Bake about 45 minutes.

Betty Morgan, Leak Memorial HDC

ATLANTA LANE CAKE

1 cup butter or margarine

2 cups sugar

$3\frac{1}{4}$ cups sifted cake flour

2 tsp. double acting baking powder

1 cup milk

8 egg whites, stiffly beaten

1 tsp. vanilla

Cream butter until light and fluffy. Add sugar gradually and cream well together. Sift dry ingredients together and add alternately with milk and vanilla. Beat well. Fold in stiffly beaten egg whites. Pour into three eight-inch layer pans which have been greased and lined with greased brown paper. Bake in a moderate oven (375 deg. F.) for 25 to 30 minutes or until done. Remove from pans and cool.

FILLING FOR CAKE

$\frac{1}{2}$ cup butter or margarine

1 cup sugar

8 egg yolks

2 tsp. brandy extract

1 cup seeded raisins

1 cup chopped pecans

Cream butter and sugar. Add egg yolks and beat well together. Cook over hot water until thick, about 20 minutes, stirring occasionally. Cool and spread between layers of cake. (If filling is not stiff enough after cooking, reheat over direct heat and stir until thick.)

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FROSTING FOR CAKE

- | | |
|--------------------------|----------------|
| 1½ cups sugar | ½ cup water |
| 2 tbsp. white corn syrup | 1 tsp. vanilla |
| 2 egg whites | |

Mix sugar, water and syrup. Boil until it spins a long thread or to 240 deg. on the candy thermometer. Beat egg whites until stiff but not dry. Add boiling syrup to egg whites gradually, beating vigorously. Add vanilla and continue beating until cold. Frost outside of cake. Cocoanut sprinkled over the icing makes it extra delicious.

Mrs. J. I. Moore, Walnut Cove HDC

APPLE SAUCE CAKE

- | | |
|-----------------------|---------------------|
| 1 cup butter | 3 cups sugar |
| 4 eggs | 5 cups flour |
| 1 tbsp. baking powder | ¼ tsp. salt |
| 1 tsp. nutmeg | 1 tsp. soda |
| 1 tbsp. cinnamon | 1 tbsp. allspice |
| 2 cups apple sauce | 2 cups chopped nuts |
| 2 cups raisins | |

Cream sugar and butter, add slightly beaten eggs. Mix and sift all dry ingredients with the exception of the soda. Mix the soda with the apple sauce. Add raisins and nuts with dry ingredients and then combine all together and beat well. Cook about 1 hour (265 deg. F.).

Mrs. Otis Morton, Snow Hill HDC

Mrs. H. G. Johnson, Quaker Gap

BANANA CAKE

- | | |
|----------------------------|---------------------------------------|
| 1 cup shortening or butter | 1½ cups white sugar |
| 2 eggs | 4 bananas, mashed |
| ¼ cup pecans, cut up | 2 cups cake flour |
| ¼ tsp. vanilla | 1 tsp. soda in 4 tbsp.
butter milk |

Mix and bake 45 minutes in 350 deg. F. oven.

Cake Topping

- | | |
|-----------------------|----------------|
| 6 tbsp. melted butter | 5 tbsp. cream |
| 10 tbsp. brown sugar | 1 box cocoanut |
| 1 tsp. vanilla | |

Mix and put on cake while hot. Put cake back in oven and brown for 15 minutes.

Mrs. Carol Flippin, State Line HDC

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BANANA CAKE

- | | |
|---|-------------------------|
| $\frac{1}{2}$ cup shortening | 1 tsp. soda |
| 1 cup sugar | 2 cups sifted flour |
| 2 eggs, well beaten | 2 tsp. baking powder |
| 1 cup mashed ripe bananas
(3 medium) | $\frac{1}{4}$ tsp. salt |
| $\frac{1}{4}$ cup sour milk | 1 tsp. vanilla |

Cream shortening. Add sugar gradually and cream well together. Add eggs and mix well. Sift flour, baking powder and salt together. Add to creamed mixture alternately with milk into which the soda has been stirred. Pour into two prepared 9-inch layer cake pans and bake at 350 deg. F. for about 25 minutes or until done.

Mrs. Myrtle Tuttle, Capella HDC

Mrs. Carol Flippin, State Line

BROWNIES CAKE

Sift together:

- | | |
|-------------------------------------|--|
| $\frac{3}{4}$ cup Pillsbury's flour | $\frac{1}{2}$ tsp. double-acting baking powder |
| $\frac{1}{2}$ tsp. salt | |

Cream together:

$\frac{1}{2}$ cup shortening, adding gradually 1 cup sugar, creaming well. Add 2 eggs, $2\frac{1}{2}$ sqs. chocolate, melted and cooled, 1 tsp. vanilla. Blend in sifted dry ingredients and $\frac{1}{2}$ cup chopped nuts. Mix well. Pour into well-greased and floured pans. Bake in moderate oven (350 deg. F.) 25 to 35 minutes. Cool and frost.

Mrs. C. W. Shelton, Snow Hill HDC

REGAL BUTTER CAKE

- | | |
|---------------------------------------|---|
| $2\frac{1}{2}$ cups sifted cake flour | $2\frac{1}{4}$ tsp. baking powder |
| $\frac{1}{2}$ tsp. salt | $\frac{3}{4}$ cup butter (use real butter), at room temperature |
| $1\frac{1}{2}$ cups sugar | |
| 3 eggs | $\frac{2}{3}$ cup milk |
| 1 tsp. vanilla | |

Use two round 9-inch layer pans, $1\frac{1}{2}$ inches deep. Line bottom with paper. Start oven for moderate heat (375 deg. F.).

Combine flour (sifted and measured), baking powder and salt. Sift together three times. Cream butter, add sugar gradually. Cream together until fluffy, add eggs, one at a time, beating well after each addition. Add flour alternately with milk in small amounts, beating well after each addition until smooth. Add vanilla. Blend. Bake about 25 minutes at 375 deg. F. Rainbow frosting makes this a delicious children's party or other party cake.

Mrs. J. H. Robertson, Sr., Pine Hall HDC

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RAINBOW FROSTING FOR REGAL BUTTER CAKE

Make seven minute frosting, using 2 egg whites. Tint half of icing pink; divide the rest and tint half yellow and half light green. Save half of the pink frosting for sides of cake. Put spoonful of each color frosting on top of first layer. Spread to cover layer. Next layer repeat frosting on top. To make rainbow, draw flat side of knife through frostings, starting at center and circulating around cake. Spread pink half icing on sides of cake you saved.

Mrs. J. H. Robertson, Sr., Pine Hall HDC

CARAMEL CAKE

Measure into mixing bowl:

2 cups sifted cake flour	1 tsp. salt
1 1/3 cups sugar	2/3 cup milk
1/2 cup Crisco	

Blend by hand or with mixer for 2 minutes. Stir in 3 teaspoons baking powder. Add 2 unbeaten eggs, 1/3 cup milk, 1 teaspoon vanilla. Blend for 2 more minutes. Bake in 375 deg. oven for 25 to 30 minutes.

Mrs. Alma S. Barr, King HDC

FROSTING

1/2 cup butter	1/4 cup milk
1 cup brown sugar, firmly packed	1 3/4 to 2 cups sifted confectioner's sugar

Melt butter, add brown sugar and cook over low heat 2 minutes, stirring constantly. Add milk and continue stirring until mixture comes to a boil. Remove from heat and cool. Add confectioner's sugar until of right consistency to spread.

Mrs. Alma S. Barr, King HDC

CHAMPION SILVER CAKE

3 cups sugar	1 cup butter
6 egg whites	2 cups milk
1/4 tsp. salt	4 tsp. baking powder
1 tsp. vanilla	5 cups cake flour

Beat the butter and sugar until very light and creamy. Add the milk alternately with the flour with which the baking powder has been sifted in the last cup flour. Beat thoroughly before adding the baking powder, then add the well beaten whites of eggs. Bake about forty minutes in three nine-inch layers. This will make a large cake.

Miss Nancy Shelor, State Line HDC

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GRANDMA'S CHOCOLATE CAKE

Heat 1 cup brown sugar, $\frac{1}{2}$ cup milk and 3 ounces grated, unsweetened chocolate in double boiler until chocolate melts. Cool. Cream $\frac{1}{2}$ cup shortening and 1 cup brown sugar; add 3 beaten eggs; beat thoroughly. Add alternately with $\frac{1}{2}$ cup milk, 2 cups flour sifted with $\frac{1}{4}$ teaspoon salt, 1 teaspoon soda. Add chocolate mixture, 1 teaspoon vanilla extract; beat. Bake in two 9-inch pans in moderate oven (350 deg. F.) 30 minutes.

Frosting

Combine 2 egg whites, $1\frac{1}{2}$ cups sugar, 5 tablespoons water, 1 tablespoon light corn syrup in double boiler. Cook and beat 7 minutes; add 1 teaspoon vanilla extract; cool. Gently stir in 2 ounces melted, unsweetened chocolate.

Mrs. Clay W. Vance, King HDC

CHOCOLATE LOG ROLL

1 cup sifted cake flour	$\frac{1}{4}$ tsp. salt
1 cup whole egg (about 5)	1 cup sifted sugar
$1\frac{1}{2}$ tbsp. lemon juice	$\frac{1}{2}$ tsp. vanilla

Sift flour once, measure, add salt and sift together four times. Beat eggs in deep bowl with rotary egg beater until very thick and light. Add sugar, gradually beating constantly. Add lemon juice, beating thoroughly. Total beating time is about 6 minutes. Add flour, all at once, stirring in quickly and thoroughly. Add vanilla. Turn into 16x10 2-inch pan which has been greased, lined with paper. Bake at 400 deg. F. Turn on a cloth covered with powdered sugar.

Mrs. C. D. Tuttle, Rosebud HDC

COCOA CAKE

$\frac{3}{4}$ cup butter	1 cup milk
2 cups sugar	6 tbsp. cocoa
4 eggs	3 tsp. baking powder
Vanilla and Almond extract	$2\frac{1}{4}$ cups pastry flour

Sift cocoa, flour and baking powder, each, three times. Cream butter well, add $\frac{1}{2}$ of sugar. Then beat and add the two. Next add alternately, the milk with the baking powder. Fold in egg whites and then add cocoa. Bake in two layers in moderate oven for twenty minutes.

Mrs. Eliza Boles, Forest Chapel HDC

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COCOANUT CAKE

1 $\frac{3}{4}$ cups flour	1 $\frac{1}{2}$ tsp. salt
2 $\frac{1}{2}$ tsp. baking powder	$\frac{2}{3}$ cup milk
$\frac{2}{3}$ cup shortening	3 eggs
1 tsp. almond flavoring	1 cup cocoanut
1 cup sugar	

Sift dry ingredients into mixing bowl. Add shortening, milk and flavoring. Beat and add eggs and stir in cocoanut. Bake in hot oven (375 deg. F.). Cool and frost.

Mrs. Dena Rogers, K-Fork HDC

Wilma Oakley, North View HDC

ALARM CLOCK COFFEE CAKE

One can of Ballard's canned biscuits. Roll each biscuit in sugar mixed with cinnamon (brown sugar). Place in a round pan, laying each biscuit half-way on top of the other. Top with pulverized sugar icing, and bake.

Delicious with coffee, and can be made quickly for breakfast.

Mrs. C. J. Helsabeck, Walnut Cove Club

COLORVISION CAKE

Use your favorite cake mix. Stir in 3 tablespoons of your favorite fruit flavored gelatin just as it comes from the package. Bake in two layers as directed. Cool and frost as follows:

Remaining fruit gelatin	2 egg whites
$\frac{1}{4}$ cup water	$\frac{1}{8}$ tsp. cream of tartar
1 cup granulated sugar	

Mix and place in top of double boiler over rapidly boiling water. Beat with electric mixer on high speed or egg beater until frosting holds stiff peak. Remove from over boiling water and beat about one minute longer. Spread on cake.

Mrs. Herbert Boles, Leak Memorial HDC

CREAM CAKE

2 eggs	1 cup sugar
1 cup thick cream	1 heaping tsp. baking powder
2 cups flour	$\frac{1}{4}$ tsp. salt
1 tsp. vanilla or lemon flavoring	

Cream eggs and sugar. Sift flour, baking powder and salt. Add flour and cream to creamed mixture alternately. Add flavoring. Bake in oven at 350 deg. F. from 40 to 45 minutes.

Mrs. Wendell Keiger, King HDC

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CREOLE FUDGE CAKE

2	cups sifted flour	1	tsp. soda
$\frac{3}{4}$	tsp. salt	$1\frac{1}{3}$	cups sugar
$\frac{1}{2}$	cup shortening	$\frac{3}{4}$	cup buttermilk
1	tsp. vanilla	2	eggs, unbeaten
3	sqs. unsweetened chocolate, melted		

Stir shortening just to soften. Sift in dry ingredients, gradually add milk and beat. Add eggs, melted chocolate and beat a little more. Bake in moderate oven (350 deg. F.) about 30 minutes.

Mrs. Everette Bolejack, Poplar Springs HDC

DEVIL'S FOOD CAKE

1	cup sugar	2	cups flour
1	cup milk	$\frac{2}{3}$	cup cocoa
2	eggs	1	tsp. vanilla
$\frac{1}{2}$	lb. or 1 cup butter	2	tsp. baking powder

Measure flour before sifting. Add sugar and cocoa and baking powder. Mix thoroughly. Add milk, beat in eggs, vanilla. Beat in butter, and bake in well greased floured pans. 2 layers.

Frosting

Mix $\frac{2}{3}$ box confectioner's sugar with 2 large spoonfuls cocoa. Add 1 tablespoon butter. Cream to moisten.

Mrs. D. J. Easley, Leak Memorial HDC

DEVIL'S FOOD CAKE

2	cups sugar	$2\frac{1}{2}$	cups flour
$\frac{1}{2}$	cup shortening	2	eggs
2	tsp. baking powder	1	tsp. vanilla
$\frac{1}{2}$	tsp. soda	2	sqs. bitter chocolate
$\frac{3}{4}$	cup sour milk	1	cup hot water

Cream sugar and shortening, add eggs and beat until smooth. Sift baking powder, soda and flour together and add mixture, add hot water and melted chocolate and vanilla. Beat until smooth. Bake in 3 layers in moderate oven until done.

Creamy Frosting

Cream $\frac{1}{2}$ cup butter with 2 cups confectioner's sugar, add 1 egg white beaten stiff and 1 teaspoon vanilla or other desired flavoring. Beat until smooth. Spread on cake. For chocolate frosting add 2 ounces melted chocolate.

Mrs. Robert Bennett, Capella Club

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CUP CAKES

- | | |
|--------------|---------------------------------|
| 1 whole egg | $\frac{1}{2}$ cup lard |
| 2 cups flour | $\frac{1}{2}$ cup sour milk |
| 1 tsp. soda | 1 tsp. vanilla |
| 1 cup sugar | $\frac{1}{2}$ cup boiling water |

Blend egg, lard and sugar thoroughly. Then add flour and soda. Add milk and mix well, then add water and vanilla. Mix thoroughly and pour into well oiled muffin pans. Cook in oven at 375 deg. F. about 35 minutes.

Mrs. R. S. Smith, Jr., Rosebud HDC

WHITE FRUIT CAKE

- | | |
|---|--|
| 1 cup butter | $\frac{1}{2}$ lb. candied cherries, halved |
| 5 eggs | 1 15-oz. box white raisins |
| 2 tsp. baking powder | $\frac{1}{2}$ lb. candied pineapple, cut into small wedges |
| $1\frac{1}{2}$ cups sugar | $\frac{1}{2}$ lb. fresh cocoanut, grated |
| 3 cups sifted flour | 2 cups sliced blanched almonds |
| $\frac{1}{4}$ cup pineapple juice | |
| $\frac{1}{2}$ lb. citron, finely cut | |
| $\frac{1}{2}$ lb. candied orange and lemon peel, mixed and finely cut | |

Cream butter and sugar together. Add eggs, one at a time, beating well after each addition. Reserve $\frac{1}{2}$ cup of the flour for dredging fruits and nuts. Add remaining flour, sifted with baking powder, alternately with pineapple juice, beating well after each addition. Add floured fruits and nuts and cocoanut, stirring only until well blended. Line greased pan with brown paper. Grease paper and line with wax paper. Grease again. Bake in a slow oven, 275 deg. F. for about $1\frac{1}{2}$ hours. Then bake in 300 deg. oven for about 45 minutes to one hour. Have a pan of water in the bottom of the oven.

Mrs. Myrtle Tuttle, Capella HDC

PERSIMMON FRUIT CAKE

- | | |
|--|---------------------------------|
| 1 lb. butter | 2 cups fruit cake mix |
| 6 eggs | 3 cups sugar |
| vanilla | 1 cup buttermilk with tsp. soda |
| 2 cups sweet potatoes | 2 cups persimmons |
| 2 cups raisins | 2 cups cocoanut |
| 4 cups flour with 2 tsp. baking powder | 2 cups walnuts |
| Bake as fruit cake. | |

Mrs. S. A. Perrell, Leak Memorial HDC

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UNCOOKED FRUIT CAKE

2 lbs. Graham crackers	1/4 cup candied orange peel
1 lb. candied citron	1 box currants
2 lbs. candied pineapple	1 cup strained honey
1 lb. English walnuts	1 cup butter
1/4 cup candied lemon peel	1 box raisins
1 cocoanut, grated	2 lbs. candied cherries
1 lb. blanched almonds	2 cups grape juice

Roll graham crackers. Add melted butter, honey and grape juice. Mix well, then add cut up fruits and nuts. Mix well and pack in pan and let stand 24 hours. Then unmold and wrap in a cloth dipped in grape juice or wine.

Mrs. Carol Flippin, State Line HDC

ICE BOX FRUIT CAKE

32 marshmallows	1/4 cup wine
1 cup whipped cream	1/2 tsp. nutmeg
1/2 tsp. cinnamon	1 cup nuts
1 cup chopped dates	1/4 cup chopped figs
2 cups raisins	3/4 cup cherries
1/2 cup candied pineapple (3 slices)	2 tbsps. candied orange (3 slices peel)
1 1/2 lbs. Graham crackers	

Chop marshmallows, add wine, cream crushed crackers, mix. Add chopped fruits and nuts. Mold in pan lined with oiled paper. Let set over night. Do not bake.

Mrs. Agnes Watkins, Cleo's HDC

FRUIT CAKE

3 eggs	2 cups flour
2 cups sugar	1 cup steamed raisins
1 cup jam	1 cup walnuts, black preferred
1 cup cocoanut	1 cup buttermilk
1 tsp. soda	

Mix sugar, eggs, raisins, cocoanut, butter, jam and walnuts. Add milk and flour, bake in layers or loaf pan.

Filling

2 cups sugar	1 cup milk
1/2 lb. butter	1 tsp. vanilla

Mrs. Odell Ferguson, Capella HDC

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AUNT EDITH'S GOLDEN FRUIT CAKE

(Makes about 5 pounds)

$\frac{3}{4}$ lb. raisins; white if possible	3 eggs
$\frac{3}{4}$ lb. currants	$\frac{3}{4}$ cup orange juice
$\frac{1}{2}$ lb. each figs, dried apricots, prunes (pitted)	2 tbsp. grated orange rind
$\frac{1}{4}$ lb. each citron, blanched almonds, candied cherries and lemon peel	$\frac{1}{2}$ cup sour cream
$1\frac{2}{3}$ cups sugar	4 cups flour
$\frac{3}{4}$ cup butter	$\frac{1}{2}$ tsp. each salt and soda
	$\frac{3}{4}$ tsp. each allspice and cloves
	$1\frac{1}{2}$ tsp. cinnamon
	1 tsp. vanilla

Boil raisins and currants in water to cover for 5 minutes, drain and cool. Boil unsoaked figs, prunes and apricots in water to cover for 10 minutes. Drain and cut into medium pieces. Cut candied fruit, citron and nuts into medium pieces. Mix all fruits and nuts with 1 cup flour.

Cream butter and sugar, add eggs and beat. Mix sour cream, rind and orange juice. Sift remaining flour with rest of ingredients. Blend flour, sour cream and egg mixtures together, adding vanilla and floured fruit last. If not too moist, blend in 1 cup of plum or apple jelly at the end. Pile lightly in heavy greased paper lined cans or cake tins or glass baking dishes. Bake 2 to $2\frac{1}{2}$ hours at 300 deg. F. Keep flat pan with 2 cups of hot water in bottom of oven while baking. Store, preferably in pan in which baked, first brushing all exposed surfaces with brandy, then covering with heavy waxed paper.

Mrs. Eliza Boles, Forest Chapel HDC

DARK FRUIT CAKE

6 cups cake flour	$\frac{1}{2}$ tsp. cloves
1 tsp. salt	$\frac{1}{2}$ tsp. mace
$\frac{1}{2}$ tsp. cinnamon	1 lb. brown sugar
1 lb. butter or margarine	1 cup honey
10 eggs, well beaten	$\frac{1}{2}$ lb. candied cherries
1 cup molasses	1 lb. dates, pitted and sliced
$\frac{1}{2}$ lb. candied pineapple	1 lb. currants
1 lb. raisins	$\frac{1}{2}$ lb. candied orange and lemon peel
$\frac{1}{2}$ lb. citron, thinly sliced	
$1\frac{1}{2}$ tsp. baking powder	

Sift flour, measure. Sift 4 cups flour with the baking powder, salt and spices. Cream butter or margarine, add sugar gradually and cream together until light and fluffy. Add eggs, honey, and molasses. Add sifted dry ingredients. Add fruits and peel which have been blended with 2 cups flour. Mix thoroughly. Bake in well oiled loaf pans in slow oven 250 deg. F. for $3\text{--}3\frac{1}{2}$ hours.

Mrs. Jim Shelor, State Line HDC

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ICE BOX FRUIT CAKE

- | | |
|--------------------------|--------------------------------|
| 1 lb. pecans (shelled) | 1 lb. English walnuts, shelled |
| 1 lb. raisins | 1 lb. marshmallows |
| 1/2 lb. candied cherries | 1/4 lb. mixed fruits |
| 1 tall can milk | 1 lb. Graham crackers |

Crush crackers, add nuts, raisins and candied cherries. Melt marshmallows in milk over low flame. Mix with dry ingredients. Mix well. Pack into graham cracker box firmly, leaving wax paper in box. Put in ice box until ready to serve.

Mrs. Margie Westmoreland, Poplar Springs HDC

DELUXE FRUIT CAKE

Mix together:

- | | |
|------------------|--------------------------------|
| 1 cup wesson oil | 1 1/2 cups brown sugar, packed |
| 4 whole eggs | in cup |

Beat vigorously.

Sift together:

- | | |
|----------------------|-----------------|
| 2 cups sifted flour | 2 tsp. cinnamon |
| 1 tsp. baking powder | 2 tsp. allspice |
| 2 tsp. salt | 1 tsp. cloves |

Stir in wesson oil mixture alternately with: 1 cup pineapple juice.

Mix 1 cup more sifted flour into:

- | | |
|---------------------------------|-----------------------------------|
| 1 cup shaved citron | 1 1/2 cups whole candied cherries |
| 1 cup chopped candied pineapple | 1 cup chopped figs |
| 1 cup raisins | 3 cups coarsely chopped nuts |

Pour batter over fruit, mixing thoroughly. Line with brown paper. 2 loaf pans 8 1/2 x 4 1/2 x 2 1/2". Pour batter into pans. Place a pan of water on lower oven rack. Bake cakes 2 1/2 hours in slow oven 275 deg. F. after baking, let cake stand 15 minutes before removing from pan. Cool thoroughly before removing paper. Cover and store to ripen. If cakes are to be kept for a long time, remove paper and wrap in fruit juice soaked cloths. Store in cool dry place. When ready to use glaze and decorate.

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MY BEST GINGERBREAD

1/2 cup butter or other shortening	1/2 cup granulated sugar
2 1/2 cups sifted flour	1 egg, beaten
1 tsp. cinnamon	1 1/2 tsp. soda
1/2 tsp. cloves	1 tsp. ginger
1 cup molasses	1/2 tsp. salt
	1 cup hot water

Cream shortening and sugar. Add beaten egg. Measure and sift dry ingredients. Combine molasses and hot water. Add dry ingredients to first mixture alternately with liquid. A small amount at a time and beat after each addition until smooth. Bake in paper-lined pan in moderate oven for 45 minutes.

Mrs. Vester Marshall, Reynolds HDC

HAPPY DAY CAKE

2 1/4 cups sifted cake flour	3 tsp. baking powder
1 tsp. salt	1 1/2 cups sugar
1/2 cup shortening	1 tsp. vanilla
2 eggs, unbeaten	1 cup milk

Measure flour, baking powder, salt and sugar into sifter. Stir shortening just to soften. Sift in dry ingredients, add 3/4 cup milk and vanilla. Mix until flour is dampened, then beat 300 strokes or 2 minutes in mixer at low speed. Add eggs and remaining milk. Beat 150 strokes or 1 minute in mixer at low speed. Pour into pans. Bake in moderate oven 375 deg. F. until done. Use your favorite filling.

Mrs. L. S. Morgan, Leak Memorial HDC
Mrs. Preston Murray, Forest Chapel HDC

LEMON GOLD CAKE

2 1/4 cups sifted cake flour	1 1/2 cups sugar
1 tbsp. baking powder	1 tsp. salt
1/2 cup salad oil	6 eggs, separated
3/4 cup cold water	2 tsp. lemon juice
1 tsp. lemon rind, grated	1/2 tsp. cream of tartar

Sift flour, sugar, baking powder, and salt together in mixing bowl. Make a well and add in order, salad oil, egg yolks, water, lemon juice and rind. Beat with spoon until smooth. Add cream of tartar to egg whites and beat until very, very stiff. Pour cake mixture gradually over the whipped egg whites, carefully folding with spoon or a rubber scraper until blended. **Do not stir.** Pour into an ungreased 10x4-inch tube pan. Bake in moderate oven (325 deg. F.) for 70 minutes or until top springs back when lightly touched. After removing from oven, turn pan upside down until cake is cold. Loosen sides with spatula and remove from pan.

Mrs. John Crews, Leak Memorial HDC

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\$100 WALDORF ASTORIA CAKE

1/2 cup butter	2 tsp. baking powder
2 cups sugar	1 1/2 cups milk
4 sqs. chocolate	1 tsp. vanilla
2 eggs	1 cup nuts
2 cups flour	

Cream butter and sugar. Add melted chocolate and well beaten eggs. Add sifted dry ingredients alternately with milk. Add vanilla and nuts. Bake in 350 deg. F. oven for about 25 minutes. Makes three layers.

Frosting

1 1/2 cups powdered sugar	2 sqs. chocolate
1/2 cup butter	1/2 cup nuts
1 egg	1 tsp. lemon juice or 1/2 tsp.
1 tsp. vanilla	lemon extract

Melt butter and chocolate. Add well beaten egg and stir in sugar. Add vanilla, lemon juice and nuts and beat until smooth.

Mrs. Myrtle Tuttle, Capella HDC

Mrs. Elmer Boyles, King HDC

IRISH POTATO CAKE

1 cup butter	1 tsp. cloves
2 cups sugar	1 tsp. nutmeg
1 cup boiled mashed potatoes	1 tsp. soda
3 tbsp. cocoa (rounded)	2 1/2 cups flour
1/3 cup molasses	3 eggs
3/4 cup buttermilk	1 tsp. pineapple flavoring
1 tsp. cinnamon	(no other)

Cream butter and sugar, add cool Irish potatoes, cream. Mix flour, spices, cocoa together and sift. Add soda to buttermilk then add molasses. Add sifted ingredients, alternately with eggs and milk mixture. Bake about 35 minutes at 350 deg. F. This makes three layers.

Frosting

2 tablespoons water, 4 1/2 tablespoons granulated sugar. Mix and boil.

2 1/2 cups confectioner's sugar	1 egg white
2/3 cup butter	1 tsp. pineapple flavoring

Stir confectioner's sugar in unbeaten egg white. Add cool syrup from granulated sugar and water, add butter creamed. Add flavoring.

Mrs. Myrtle Tuttle, Capella HDC

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LOAF OR LAYER CAKE

- | | |
|------------------|----------------------|
| 1 cup shortening | 2 cups sugar |
| 1 cup milk | 3 eggs |
| 3 cups flour | 3 tsp. baking powder |
| 1 tsp. flavoring | |

Cream shortening, add sugar, continue creaming, adding an egg at a time, then add milk alternately with flour which has been sifted with baking powder. Add flavoring. This makes a nice size loaf cake or three layers.

Mrs. A. L. Payne, Poplar Springs HDC

PLAIN LOAF CAKE

- | | |
|---------------------|--------------------------|
| 1 1/2 cups sugar | 1/2 cup milk |
| 1 cup butter | 1 tsp. vanilla |
| 4 eggs | 1/2 tsp. lemon flavoring |
| 1 tsp baking powder | (if desired) |
| 2 cups flour | |

Cream sugar and butter well. Separate eggs, beat yolks and add to sugar and butter mixture. Cream until smooth and add flour and milk alternately. Beat egg whites until stiff and fold into batter. Add flavoring. Bake 1 hour at 325 deg. F.

Nancy H. Calloway, King HDC

PRIZE GOLD LOAF CAKE

- | | |
|----------------------|------------------------|
| 2 cups white sugar | 1 cup butter |
| 2 tsp. baking powder | Yolk of 8 eggs |
| 1 cup milk | 3 cups flour |
| 1 tsp. vanilla | 1 tsp. lemon flavoring |

Beat egg yolk well, add sugar and beat to a cream. Add butter, milk, and flour and baking powder sifted together. Add flavoring. Bake in loaf pan in slow oven. Nice baked in 2 loaf bread pans. Ice or leave plain.

Mrs. J. H. Robertson, Pine Hall HDC

NEVER-FAIL HOT MILK CAKE

- | | |
|----------------|----------------------|
| 1/2 cup butter | 1 cup milk |
| 4 eggs | 2 cups sugar |
| 2 cups flour | 2 tsp. baking powder |
| 1/8 tsp. salt | 1 tsp. vanilla |

Heat butter and milk together but do not boil. Beat eggs with sugar. Sift flour, baking powder and salt together and add to egg-sugar mixture. Then add hot milk mixture and vanilla. Bake in a slow oven as a loaf or layer cake.

Mrs. R. L. Hawkins, Forest Chapel HDC

Adlene Young, North View HDC

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MORAVIAN SUGAR CAKE

1 cup mashed potatoes	4 cups flour (or more if needed)
$\frac{1}{2}$ cup lard or butter	1 cake yeast soaked in 1 cup water (lukewarm) with teaspoon sugar
2 eggs	
$\frac{3}{4}$ cup sugar	
1 tsp. salt	

Cream sugar, lard and salt. Add eggs, then freshly mashed potatoes; add yeast and stir in all the flour until the dough is stiff enough. Let rise until double in bulk. Work dough and spread on biscuit pan to raise again. When light, pinch "butter holes" all over cake. Mix cinnamon, brown sugar and a little flour together, spread on cake, dot with butter (use plenty of butter). While baking, pour cream on dry sugar so all the sugar will be moist.

Dorothy Meadows.

1-2-3-4 CAKE OR PLAIN CAKE

1 cup butter	2 cups sugar
3 cups cake flour, sifted	4 eggs, separated
3 tsp. baking powder	1 tsp. salt
1 cup milk	1 tsp. vanilla

Cream butter and sugar gradually. Add egg yolks one at a time and beat thoroughly. Sift flour two times with baking powder and salt. Add alternately with milk to creamed mixture beginning and ending with flour. Pour into three greased and floured cake pans and bake at 375 deg. F. until cake shrinks from edges of pans. Use favorite icing. Makes excellent cocoanut cake.

Mrs. Jack Collins, State Line HDC

Mrs. Tom Joyce, K-Fork HDC

Mrs. Irma Moran, Leak Memorial HDC

ORANGE DATE CAKE

$\frac{1}{2}$ cup shortening	$1\frac{1}{4}$ cups sugar
2 cups flour	2 eggs
$\frac{2}{3}$ cup buttermilk	1 tsp. soda
$\frac{1}{4}$ tsp. salt	1 cup chopped nuts
1 cup chopped dates	1 tbsp. grated orange rind

Mix in the usual way, adding nuts, dates and orange rind last. Bake in sheet pan at 325 deg. F. When done, remove from oven and pour a mixture of $\frac{3}{4}$ cup fresh orange juice, 1 cup sugar, 1 tbsp. grated orange rind. Leave in pan to cool. It is delicious with whipped cream or is good just as it is.

Mrs. Raleigh Harmon, Walnut Cove HDC

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ORANGE KISS-ME CAKE

Grind 1 large orange, pulp and rind (reserve juice for topping) with 1 cup raisins and $\frac{1}{3}$ cup walnuts. Sift 2 cups flour, 1 tsp. soda, 1 tsp. salt, 1 cup sugar. Add $\frac{1}{2}$ cup shortening, $\frac{3}{4}$ cup milk. Beat 2 minutes, 300 strokes, until batter is well blended (with electric mixer blend at low speed, then beat at medium speed for 2 minutes). Add 2 eggs unbeaten, $\frac{1}{4}$ cup milk, beat for 2 minutes. Fold orange-raisin mixture into batter. Pour into well greased and lightly floured 12x8x2-inch pan or bake in 2-8 or 9 inch round layer pans at 350 deg. F. for 40 to 50 minutes.

ORANGE NUT TOPPING

Drip $\frac{1}{3}$ cup orange juice over warm cake. Combine $\frac{1}{3}$ cup sugar, 1 tsp. cinnamon, and $\frac{1}{4}$ cup chopped walnuts. Sprinkle over cake. Decorate with orange slices.

Mrs. Blair Watkins, Cleo's HDC

POUND CAKE

Cream one-half pound of butter and 2 cups sugar. Beat in 6 eggs, one at a time. Put 1 teaspoon baking powder in 1 cup milk and mix well. Add milk mixture alternately with $3\frac{1}{2}$ cups cake flour to first mixture. Add 1 teaspoon vanilla, bake in oven heated to 350 deg. F. until done.

If you don't believe this is a good one, just try it.

Mrs. Ernest Smith, King HDC

Mrs. Madeline Watkins, Cleo's HDC

RED DEVIL CAKE

$1\frac{3}{4}$ cups sugar	$\frac{3}{4}$ cup sour milk
$\frac{3}{4}$ cup butter	$\frac{1}{2}$ cup cocoa
$1\frac{1}{2}$ tsp. soda	$\frac{1}{2}$ cup hot water
2 cups flour	2 eggs
$\frac{1}{4}$ tsp. salt	1 tsp. vanilla

Cream butter and sugar. Add eggs and beat thoroughly, then blend in cocoa. Add flour, in which other dry ingredients have been mixed alternately with milk. Add vanilla. Bake in moderate oven (350 deg. F.).

Frosting

2 cups confectioner's sugar	2 tbsp. dry cocoa
Butter, size of egg	3 tbsp. pure cream

Cream butter and sugar. Add cocoa and one tsp. vanilla. Beat in cream until ready to spread.

Mrs. Arch Tuttle, Capella HDC

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PRUNE CAKE

3	eggs	1½	tsp. salt
2	cups sugar	2	tsp. cinnamon
1½	cups prune juice	2	tsp. cloves
2	cups prunes (cooked and pitted)	2	tsp. nutmeg
		2	tsp. soda
2½	cups flour	4	tbsp. butter

Cream sugar and butter together. Add eggs and beat mixture. Add prunes and flour alternately. Stir soda into prune juice and pour into batter, mixing well. Add spices and salt. Beat vigorously 1 minute. Makes 3 8-inch layers. Bake at 350 deg. F. for 35 minutes.

Filling

⅓	cup cocoa	1/8	tsp. salt
3	cups sugar	1½	tbsp. corn syrup
1½	cups milk	4½	tbsp. butter
1	tsp. vanilla		

Combine cocoa, sugar, salt and syrup. Stir in milk and boil stirring frequently. Cook until will form soft ball when dropped in cold water. Remove from heat, drop in butter. Cool to lukewarm. Add vanilla and beat until right consistency to spread.

Mrs. J. E. Haley, Francisco HDC

Prune Cake Filling (Do Not Cook)

1	box powdered sugar	2	tbsp. cocoa
	A scanty half cup hot coffee	2	tbsp. butter

Mrs. Roy S. Redding, Quaker Gap HDC

Filling for Prune Cake

2	cups sugar	½	cup cocoa
2	tsp. cornstarch	1	cup sweet milk

Cook until it forms a soft ball when dropped in cold water. Add butter size of an egg, teaspoon vanilla flavoring. Beat until cool.

Mrs. Ralph Kiser, King HDC

Filling for Prune Cake

One package powdered sugar blended with 3 tbsp. soft butter and a little cream. Add the juice of one lemon or one tsp. vanilla flavoring. Spread between layers and on top of cake.

Mrs. E. W. Watts, Rosebud HDC

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PRUNE CAKE

4 eggs	2 cups sugar
1 cup melted butter	2 tsp. cinnamon
2 tsp. soda	1 tsp. nutmeg
1 tsp. cloves	2 cups cooked prunes (cut up)
1 cup prune juice	2½ cups flour

Use cocoa, confectioner's sugar icing—½ cup cocoa, 1 box sugar, flavoring and small lump butter. This makes one large cake or two small ones.

Mrs. S. R. Flippin, State Line HDC

POUND CAKE

1 pound butter	1 pound sugar
10 large eggs	1 lb. flour

Beat butter for ten minutes (or until creamy and fluffy.) Add sugar gradually and beat for 10 minutes. After all sugar is added, add eggs, one at a time. Continue beating after all eggs are added. Lower speed to 1 or 2 and add flour gradually. When smooth, pour into well greased pan and bake, for 1½ hours or until thoroughly done at 325 deg. F.

Mrs. Jim Shelor, State Line HDC

SELF-RISING CAKE

2¼ cups sifted self-rising flour	1 cup sweet milk
½ cup soft shortening	2 eggs
1½ tsp. flavoring	1½ cups sugar

Sift flour and sugar together. Add shortening and a little over half of the milk to which the flavoring has been added. Beat 2 minutes. Add rest of milk and two eggs and beat 2 minutes. Bake 30 minutes.

Mrs. Glenn Dalton, State Line HDC

FROSTED SPICE CAKE

Yield: One 8x10-inch loaf

½ cup shortening	1 cup brown sugar
2 egg yolks, well beaten	2½ cups sifted cake flour
1 tsp. baking powder	¾ tsp. baking soda
2 tsp. cinnamon	1 tsp. grated nutmeg
½ tsp. ground cloves	½ tsp. salt
1¼ cups thick sour milk	

Cream shortening slightly and gradually blend in sugar; beat well. Add egg yolks and combine thoroughly. Sift all dry ingredients together and add alternately with milk. Turn into a large greased and floured pan and spread with the following meringue.

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BROWN SUGAR MERINGUE

2 egg whites
1 cup brown sugar

1½ cup chopped nuts

Beat egg whites with a few grains salt until stiff but not dry. Slowly beat in sifted brown sugar; beat until smooth. Spread over batter and sprinkle with nuts. Bake in a slow oven (325 deg. F.) 50 to 60 minutes. A layer of jam may be spread before the meringue if desired.

Mrs. L. O. Williams, Pine Hall HDC

SPICE CAKE

2 cups flour
½ tsp. cinnamon
½ tsp. cloves
½ tsp. ginger
¼ tsp. salt

2 tsp. baking powder
½ cup fat
1 cup sugar
2 eggs
¾ cup milk

Sift the flour, spices, salt and baking powder together. Cream the fat and sugar, and add the well-beaten eggs. Beat until light and fluffy. Add the milk alternately with the flour mixture. Bake in 2 greased 9-inch pans at 375 deg. F. for 25 to 30 minutes.

Mrs. I. R. Burroughs, Walnut Cove HDC

A QUICK OLD-FASHIONED SPONGE CAKE

1 cup sifted cake flour
½ tsp. double acting baking powder
½ tsp. cream of tartar
⅓ cup egg yolks (4 medium)
1 tsp. vanilla
¾ cup sugar

½ cup egg whites (4 medium)
½ tsp. salt
¼ cup additional sugar
3 tbsp. cold water
1 tsp. lemon extract

Sift flour, ¾ cup sugar, salt and baking powder together into small mixing bowl. Combine egg whites and cream of tartar in large bowl. Beat with electric mixer at high speed until very soft mounds begin to form. Beat remaining ¼ cup sugar into egg whites, a tablespoon at a time; continue beating until very stiff straight peaks are formed. Do not under beat. Combine egg yolks, water and flavoring. Blend into sifted dry ingredients. Beat at medium speed for one minute. Fold egg yolk mixture one-fourth at a time into stiffly beaten egg whites with a spatula. Fold gently with egg whites completely blended. Do not stir. Pour into 9-in. ungreased tube pan. Cut gently through batter to remove large air bubbles. Bake in moderate oven (350 deg. F.) 40 to 50 minutes. Invert immediately and cool in pan at least one hour.

Miss Pearl Johnson, Sandy Ridge HDC

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RAISIN SPICE CAKE

$\frac{2}{3}$ cup butter or margarine	2 cups self-rising flour, or more to make it thick
$\frac{1}{2}$ tsp. nutmeg	2 cups sugar
$\frac{1}{4}$ tsp. cloves	$1\frac{1}{3}$ cups raisins
2 unbeaten eggs	$\frac{1}{2}$ cup buttermilk
$\frac{1}{2}$ tsp. cinnamon	

Put 1 pint of apple sauce between layers and some icing and raisins.

Icing

$2\frac{1}{2}$ cups sugar	$\frac{1}{2}$ lb. butter
$1\frac{1}{4}$ cups milk	1 tsp. vanilla

Decorate cake with raisins all over.

Mrs. Martha Bennett, Capella HDC

SPONGE CAKE

6 eggs, separated	6 tbsps. cold water
$1\frac{1}{2}$ cups sugar	$1\frac{1}{2}$ cups self-rising flour
1 tsp. grated lemon rind	1 tsp. lemon extract

Beat egg yolks until thick and lemon colored. Stir in sugar. Add flour and water alternately and stir thoroughly after each addition. Stir in lemon rind and flavoring. Beat egg whites until frothy and in peaks. Fold into mixture. Pour into ungreased angel food pan. Bake for one hour at 325 deg. F. When cake is done, place on cake rack to cool or turn upside down if pan has prongs.

If plain flour is preferred, add $\frac{1}{2}$ tsp. salt and $1\frac{1}{2}$ tsp. baking powder.

Mrs. J. R. Jones, Walnut Cove HDC

"TAKE IT EASY" WHITE CAKE

2 cups cake flour	$2\frac{1}{2}$ tsp. baking powder (dou- ble action of phosphate type or $3\frac{1}{2}$ tsp. tartar type)
$\frac{3}{4}$ tsp. salt	
$1\frac{1}{4}$ cups sugar	$\frac{1}{2}$ cup vegetable shortening
1 tsp. vanilla	$\frac{3}{4}$ cup milk
3 egg whites	

Sift flour, measure; add baking powder, salt, sugar, and sift again into a large mixing bowl. Drop in shortening. Add vanilla to milk and pour into bowl. Beat 2 minutes by the clock—beat at least 135 strokes per minute. Add unbeaten egg whites and beat 1 minute longer. Pour into 2 greased 8-inch layer pans. Bake in oven 375 deg. F. about 25 minutes.

Mrs. J. B. Young, Jr., North View HDC

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TIER CAKE

4 cups sugar
8 cups flour

4 cups butter
20 eggs

Beat yolks and whites of eggs separately; cream butter; and cream sugar into it.

Add egg yolks and mix well. Add stiff egg whites alternately with flour. Long beating of air into this mixture is the success of this cake. Put in tier cake pans—13 in., 10 in., and 7 in. Put in oven when you can bear your hand on the bottom, and gradually increase oven heat to moderate; bake about 1 to 2 hours.

Mrs. Manley Dunlap, K-Fork HDC

WALNUT CAKE

1 cup sugar
7 tbsp. milk
1½ cups flour
1 cup walnuts

4 tbsp. butter
1 tsp. cornstarch
White of 2 eggs

Mix the cornstarch and baking powder together. Stir the sugar and butter well together, add milk, then flour and white of eggs. Beat thoroughly and then put in the Walnuts, well floured. Bake in quick oven and place half nuts on top when iced.

Lillie Jefferson, State Line HDC

WHITE MOUNTAIN CAKE

¾ cup butter
2 cups sugar
1 cup skim milk
3 cups flour (sift before measuring)

6 egg whites
2 tsp. baking powder
¼ tsp. salt (if butter is used and ½ tsp. if vegetable shortening is used)

Cream butter and sugar until light and fluffy. Sift flour, baking powder and salt together. Add flour and milk alternately. Beat egg whites stiff but not dry. Fold in juice of ½ lemon. Cook in tube pan one hour at 350 deg. F.

Mrs. Dewey Long, King HDC
Mrs. Zeb Hall, Sr., King HDC

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Cream of tartar or a few drops of lemon juice may be added to white icing to prevent it from becoming gritty.

If the icing has not boiled long enough, beat it in strong sunlight or near an open oven.

If the syrup has been cooked too long and the icing threatens to harden too soon, beat in a few drops of lemon juice or a teaspoon or more of boiling water.

If raisins, nut meats or other ingredients are to be added to the icing, wait until the last moment to do so. Add 1 tablespoon corn syrup to every cup of sugar if you wish to eliminate all danger of the icing becoming gritty.

To decorate a cake without a decorator, cut an envelope from one of the top corners to the middle of the bottom of the envelope and cut a little piece off one corner.

Put whole cocoanut in oven few minutes. Will make cocoanut come loose from shell when cracked open.

Mrs. W. J. Blackwell, Pine Hall HDC

SEVEN MINUTE FROSTING

2 egg whites, unbeaten	11½ cups sugar
5 tbsp. water	11½ tsp. light corn syrup or
1 tsp. vanilla	¼ tsp. cream of tartar

Put egg whites, sugar, water and corn syrup in upper part of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary egg beater and cook 7 minutes or until frosting will stand in peaks. Remove from fire, add vanilla and beat until thick.

Wilma Oakley, North View HDC

Mrs. Glenn Dalton, State Line HDC

Mrs. Paul Moser, King HDC

SEVEN MINUTE MARSHMALLOW CAKE ICING

2 egg whites	1 cup sugar
3 tbsp. water	1 tsp. lemon flavoring
16 marshmallows	

Mix egg whites, sugar, water and flavoring in sauce pan and cook over low heat. When hot, beat with beater. When thoroughly beaten add marshmallows and beat until marshmallows have melted. Then spread on cake.

Mrs. Otis Morton, Snow Hill HDC

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North Carolina

CREAMY FROSTING

2	tblsp. water	21½	cups sifted confectioner's sugar
⅔	cup shortening	½	tsp. vanilla
4½	tblsp. granulated sugar	½	tsp. almond extract
1	egg		

Boil water and granulated sugar together until sugar is dissolved. Mix confectioner's sugar and egg and blend with syrup. Add shortening and flavoring and beat until creamy.

Mrs. Myrtle Tuttle, Capella HDC

FLUFFY WHITE FROSTING

1½	cups sugar	½	cup water
2	tblsp. white syrup	2	egg whites
1	tsp. vanilla		Dash salt

Boil sugar, water and syrup until it spins a thread. Add hot mixture to stiffly beaten egg whites and beat one minute. Add vanilla and salt. Keep beating until cool. The beating makes the frosting more fluffy. May be used as basic frosting for most all cakes.

Mrs. Boyd Moorefield, Snow Hill HDC

MINT CREAM FROSTING

Combine 1½ cups sifted confectioner's sugar and ½ cup light cream or evaporated milk in saucepan. Cook over direct heat until a little syrup dropped in cold water forms a soft ball (232 deg. F.). Remove from heat, add 1 tblsp. butter and cool to lukewarm (110 deg. F.). Add ¼ tsp. peppermint flavoring and 1 drop green food coloring and beat until thick and creamy. Frost cake. Spread 2 squares (2 oz.) melted chocolate over frosting.

Mrs. C. W. Shelton, Snow Hill HDC

LEMON FLUFF FROSTING

½	cup butter or margarine		Dash salt
4	cups sifted confectioner's sugar	3	tblsp. lemon juice
		2	tblsp. lemon rind, grated

Cream butter. Add salt and half of sugar. Cream well. Add remaining sugar alternately with lemon juice and rind. Mix well until thoroughly blended and light. I use this frosting for my lemon gold cake.

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ORANGE FILLING

$\frac{1}{2}$ cup orange juice	$1\frac{1}{2}$ tbsp. corn starch
Pinch of salt	$\frac{1}{8}$ cup cold water
$\frac{1}{3}$ cup sugar	

Mix sugar, corn starch and salt in pan. Add remainder of ingredients. Bring to a boil and boil slowly until thick, stirring constantly. Cool.

Mrs. Dewey Long, King HDC

BROWN SUGAR ICING

$\frac{1}{2}$ cup butter	1 box brown sugar
1 cup cream or rich milk	

Cream butter and sugar and stir while cooking over heat until it will form a soft ball when dropped into water. Remove from heat until cool ten minutes. Beat until thick enough to spread.

Mrs. Agnes Watkins, Cleo's HDC

CARAMEL ICING

1 lb. box brown sugar	1 cup cream
-----------------------	-------------

Boil sugar and cream together until syrup forms soft ball when dropped in water. Cool. Add vanilla and beat until thick and creamy.

Mrs. Vestal Kiser, King HDC

QUICK CARAMEL FROSTING (for prune cake)

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ cup milk
1 cup brown sugar, firmly packed	$1\frac{3}{4}$ to 2 cups confectioner's sugar

Melt butter, add brown sugar and cook over low heat two minutes, stirring constantly. Add milk and continue stirring until mixture comes to a boil. Remove from heat and cool, add confectioner's sugar until of right consistency to spread.

Mrs. R. L. Hawkins, Forest Chapel HDC

Mrs. Albert Miller, Rosebud HDC

Fudge Frosting

3 tbsp. cocoa	1 tbsp. butter
$\frac{3}{4}$ cup milk	$\frac{1}{8}$ tsp. salt
2 cups sugar	

Cook until it forms a soft ball in cold water. Add butter and beat until cool.

Mrs. Eliza Boles, Forest Chapel HDC

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$\frac{1}{4}$ cup butter
 $\frac{1}{4}$ tsp. flavoring extract

$1\frac{1}{2}$ cups confectioner's sugar
 $1\frac{1}{2}$ sqs. unsweetened
chocolate melted

Cream butter. Sift sugar; add gradually to butter, working in well. Add flavoring. Add melted chocolate, beating in well. Add a few drops of cream at a time to make good consistency to spread.

Frances Meadows

CHOCOLATE ICING

2 cups sugar
 $\frac{3}{4}$ cup cocoa
Pinch salt

$\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup butter (stick)

Mix sugar, salt, cocoa. Add water and bring to a slow boil in heavy cooker. Stir frequently and keep covered until it boils. Then boil rapidly for 2 minutes and pour over butter. Let cool, then beat and spiral on cake.

Mrs. J. H. Robertson, Pine Hall HDC

CREAM CHEESE FUDGE FROSTING

5 cups sifted confectioner's
sugar
2 sqs. unsweetened chocolate,
melted

2 3-oz. pkgs. cream cheese
1 tsp. vanilla
2 tbsps. milk
Dash salt

Have cheese at room temperature. Blend with milk, beat in sugar gradually. Blend in chocolate, melted and slightly cooled, vanilla and salt. Frost tops and sides of two 9-inch layers.

Mrs. J. A. Newsom, Rosebud HDC

JELLY ICING

2 egg whites
1 cup jelly

$\frac{1}{4}$ tsp. salt

Beat the egg whites and salt until stiff. Add the jelly gradually, beating constantly until of good consistency to spread. For the top of two 9-inch layers.

Mrs. Olive Smith, Rosebud HDC

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When making fudge or frosting add $\frac{1}{4}$ teaspoon cream of tartar before removing from fire. This will keep your candy from getting hard.

If you have trouble with your candy turning grainy, try adding a little vinegar to the other ingredients and you'll find it will become much more creamy.

To make the sugar "fudge out," add a little cream if it is too hard and some powdered sugar if it is too soft.

When making candy and cake icings, in rainy weather, it takes a longer cooking period.

Never beat fudge as soon as it is taken from the fire. Let cool and then beat.

If butter is rubbed around the top of the pan when making fudge it will not boil over.

To avoid burning candy, drop three or four marbles into pan, boiling keeps marbles in constant motion, does most of the stirring.

.... Candy Hints from "Your Household Guide"

Pour boiling water over nuts and let stand. Nuts will crack easier.

Miss Laura Ellington, Sandy Ridge HDC

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PULLED MINTS

3 cups sugar
1 cup water

$\frac{1}{4}$ lb. butter
9 drops oil of mint

Cook together butter and water until mixture boils and butter is thoroughly melted and mixed; add 3 cups sugar all at once, cook over medium heat until sugar is dissolved, then cook very rapidly over high heat until mixture forms a soft crack when dropped in cold water or to 260 deg. F. Pour on lightly greased (with butter) marble slap or cold platter until cool enough to pull. Cut with scissors into desired pieces.

Mrs. A. C. Knight, Pine Hall HDC

NEVER FAIL PARTY MINTS

2 tbsp. butter
1 pkg. confectioner's sugar

Mint flavoring
Milk enough to soften

Cream butter, add sugar and milk alternately until all sugar is used, keeping mixture a stiff dough. Add mint flavoring to taste. Save enough sugar to sprinkle on a smooth surface on which to knead small pieces of dough into small round rolls. Cut with knife into desired sizes. Allow to dry for a few minutes and they are ready to serve.

Laura V. Ellington, Sandy Ridge HDC

Mrs. Tom Simmons, State Line Club

BUTTERSCOTCH FUDGE

$1\frac{1}{2}$ cups light brown sugar
 $\frac{1}{4}$ tsp. salt
 $2\frac{1}{2}$ tbsp. butter
Pinch cream of tartar

1 cup granulated sugar
 $1\frac{1}{4}$ cups milk
 $\frac{1}{2}$ tsp. vanilla (pure)

Combine sugar, cream of tartar, salt and milk in a heavy kettle. Place over low heat and stir until the mixture begins to boil. Cook to 236 deg. F. (soft boil), stirring frequently to prevent scorching. Remove from heat, add butter, wipe pouring edge of pan and pour into a clean pan or onto a marble slab. Be sure to cool to 110 deg. F. without stirring. Add vanilla and beat until the fudge loses its gloss. Pour out immediately into lightly oiled dish. Note: One secret of candy is pouring at the right minute; another is cooking the candy at a low heat.

Mrs. Barlow Bowles, Danbury HDC

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UNCOOKED FONDANT

Measure into bowl: $\frac{2}{3}$ cup sweetened condensed milk ($\frac{1}{2}$ can) (not evaporated). Add gradually: $4\frac{1}{2}$ cups sifted confectioner's sugar. Blend well. Then add 1 tsp. vanilla, 1 tsp. almond extract. Knead until smooth and creamy. Cover tightly with a damp cloth, and store in refrigerator 24 hours. Then mold as desired.

Mrs. Myrtle Tuttle, Capella HDC

BUTTER FONDANT CANDY

2 cups white sugar	$\frac{3}{4}$ cup milk
1 tbsp. corn syrup	1 tsp. vanilla
1 tsp. butter	

Mix sugar, milk, and corn syrup in saucepan, stirring until dissolved. Cook until a small amount will form a soft ball when dropped in cold water. Stir only occasionally while cooking. Remove from fire and add vanilla and butter, stirring only to mix. Cool until lukewarm. Then beat until mixture creams and loses shiny appearance. Knead and form into small balls. Vary by rolling part of it out, spreading with peanut butter and rolling up like jelly roll. When cold, slice.

Mrs. C. H. Bost, Pine Hall HDC

MARSHMALLOW AND RICE KRISPIE SQUARES

$2\frac{1}{2}$ dozen marshmallows	1 tsp. vanilla
1 heaping tbsp. butter	1 box Rice Krispies

Melt butter in top of double boiler. Add marshmallows, melt and stir until smooth and free of lumps. Add vanilla. Have Rice Krispies in a greased mixing bowl. Pour marshmallows and butter mixture over and stir until all krispies are mixed with the marshmallows. Pour this into a shallow greased pan and flatten it out. Let cool a few minutes, then cut into blocks of desired size. Work quickly in combining for it hardens quickly.

Mrs. H. E. Carter, Sandy Ridge HDC

CREAM CARAMELS

Bring slowly to a boil, stirring constantly:

2 cups sugar	$\frac{1}{2}$ cup butter
$\frac{3}{4}$ cup light corn syrup	1 cup cream

Stir in gradually 1 more cup cream. Stir frequently as mixture begins to thicken, constantly as it darkens. Cook to 254 deg. F. (or until it forms a hard ball in cold water). Pour into buttered 7" square pan with $\frac{1}{2}$ cup broken nuts scattered over bottom. When cold cut into squares.

Mrs. Myrtle Tuttle, Capella HDC

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CHOCOLATE COCOANUT DROPS

Melt over hot water: 2 sqs. unsweetened chocolate (2 oz.), cut up. Stir in 1 can sweetened condensed milk, $\frac{1}{2}$ lb. cocoanut, chopped, $\frac{1}{2}$ cup walnuts, cut up. Drop by teaspoonsful onto baking sheet in shape of bonbons. Place in moderate oven (350 deg. F.). Turn off heat. Leave until candy has glazed appearance. (15 to 20 min.)

Mrs. Myrtle Tuttle, Capella HDC

SEA FOAM CANDY

2 cups brown sugar	1 cup water
1 egg white	1 tsp. vanilla
Nuts	

Boil sugar and water together until a little dropped in cold water forms a soft ball. Pour the mixture slowly over the stiffly beaten egg whites, beating while pouring. Add nuts and vanilla and continue beating until candy begins to stiffen. When nearly set, drop by spoonsful on wax paper.

Virginia Lewis Smith, Palmyra HDC

CHOCOLATE CREAM CHEESE FUDGE

1 3-oz. pkg. cream cheese	$\frac{1}{2}$ cup chopped pecans
2 1-oz. sqs. unsweetened chocolate, melted	2 cups confectioner's sugar
$\frac{1}{4}$ tsp. vanilla	Dash salt

Place the cheese in a bowl and cream it until soft and smooth. Slowly blend the sugar into it. Add the melted chocolate. Mix well. Add the vanilla, salt and chopped pecans and mix until well blended. Press into a well greased, shallow pan.

For a slightly softer fudge blend in 1 teaspoon of cream.

Mrs. H. E. Carter, Sandy Ridge HDC

CHOCOLATE FUDGE

$\frac{2}{3}$ cup cocoa	3 cups sugar
$\frac{1}{8}$ tsp. salt	$1\frac{1}{2}$ cups milk
$4\frac{1}{2}$ tbs. butter	1 tsp. vanilla

Combine sugar with cocoa and salt. Add milk, bring to boil, stirring frequently. Cook until a small amount of mixture forms a soft ball when dropped in cold water. Remove from heat, drop in butter. Cool to lukewarm, add vanilla, and beat until mixture thickens. Pour into pan and cut into squares. Try adding 1 cup chopped nuts for a real treat.

Mrs. F. H. Harmon, King HDC

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CHOCOLATE FUDGE CANDY

- | | |
|-------------------------|------------------------------|
| 2 cups white sugar | 4 tbsp. cocoa |
| 1 cup brown sugar | $\frac{3}{4}$ cup sweet milk |
| 2 tbsp. corn syrup | 1 cup walnuts (chopped) |
| 1 tbsp. butter, vanilla | $\frac{1}{4}$ tsp. salt |

Mix sugar, salt, cocoa, add syrup, butter and milk; place on stove and stir until it begins to boil and is completely dissolved. Cook until a soft ball will form in cold water. Remove from stove and add vanilla and nuts. Cool a few minutes, then beat until candy will almost hold its shape, then pour on greased dish, when cold cut in squares.

Mary Sue Tuttle, King Senior 4-H Club

CHOCOLATE FUDGE

- | | |
|-------------------------|---------------------|
| 3 tbsp. Hershey's Cocoa | 1 tbsp. white syrup |
| 2 cups sugar | Dash salt |
| 1 cup sweet milk | 2 tbsp. butter |

Dissolve cocoa and sugar with a little boiling water. Add milk, syrup and salt, let boil, until begins to thicken. Add butter or margarine, stir in good. Cook, until sort of thick. Beat until cool and put in a buttered plate.

Mrs. R. W. Boles, Jr., Capella HDC

PEANUT SQUARES

Mix together 1 cup peanuts, finely ground, 1 tsp. salt, $\frac{1}{4}$ tsp. soda. Stir over low heat until sugar is dissolved: 1 cup brown sugar, 1 cup granulated sugar, $\frac{2}{3}$ cup water, 2 tbsp. white corn syrup. Cook without stirring to 290 deg. F. (drops in cold water become brittle). Remove from heat immediately. Quickly add peanuts - stirring only once or twice. Pour into greased warmed 18x12" pan, and spread thinly. Mark into squares.

Mrs. Myrtle Tuttle, Capella HDC

PEANUT BRITTLE

- | | |
|-------------------------|------------------------|
| $\frac{1}{2}$ cup water | 1 cup white corn syrup |
| 1 tbsp. soda | 2 cups white sugar |
| 4 cups shelled peanuts | |

Mix the water, syrup and sugar and boil. Add peanuts shelled (unroasted). Stir to keep from sticking. Cook the candy until it spins a long thread which breaks as soon as cold. Stir well, spread on buttered dish to cool.

Mrs. Tom Simmons, State Line HDC

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PEANUT BUTTER PINWHEELS

$\frac{1}{2}$ cup mashed potato	$\frac{1}{8}$ tsp. salt
1 lb. sifted confectioner's sugar	$\frac{1}{2}$ tsp. vanilla extract
	1 cup peanut butter

Cook and mash potato fine. To it gradually add the salt and sugar, beating well. Add the vanilla. Turn half the mixture on to a board lightly sugared with confectioner's sugar, and roll into a rectangle $\frac{1}{4}$ " thick. Spread with half the peanut butter and roll up like a jelly roll. Make a similar roll with remaining ingredients. Cut into crosswise slices $\frac{1}{4}$ inch thick. Makes about 4 dozen.

Mrs. Elmer Petree, Danbury HDC

POP CORN BALLS

1 cup molasses	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ tsp. soda	1 cup sugar
6 qts. corn (popped)	

Cook molasses and sugar until it breaks easily when dropped in cold water. Add soda and salt and pour candy over pop corn. Stir the corn while pouring the syrup. Then dip hands in cold water, shake off the water and press the corn into balls.

Maude Y. Hall, Piney Mtn. HDC

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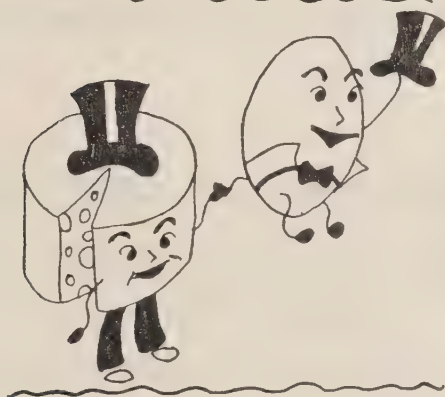
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CHEESE AND EGG DISHES

To keep cheese fresh, cover it with cloth moistened in vinegar.

Breakfast eggs, soft boiled, should never be boiled. A thin shell of the white is made hard and indigestible while the bulk of the egg is barely warmed through. The following is the best way:

Put six eggs into a vessel that will hold 2 quarts, fill with boiling water, cover closely and set on stove shelf for five to eight minutes to cook soft or ten minutes for medium or well done.

When cooking eggs wet shells thoroughly with cold water before placing them into the boiling water. This will insure against cracking.

When beating egg whites do not tap beater on bowl of egg whites. The jar of the beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clean off the whites.

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PUFFY CHEESE TOAST

- | | |
|-------------------------------------|-------------------------|
| 1 egg | 1 cup grated cheese |
| 2 tbsp. sour cream | $\frac{1}{4}$ tsp. salt |
| $\frac{1}{2}$ tsp. prepared mustard | 8 slices bread |

Separate egg. Combine the egg yolk, cheese, sour cream, salt and mustard. Beat egg whites until stiff. Fold into cheese mixture. Toast bread on one side and spread cheese mixture on untoasted side. Broil until brown and puffy.

Mrs. R. W. Barr, King HDC

MACARONI AND CHEESE

- | | | |
|---|-----------------|-------------------------------------|
| 1 | tbsp. butter or | $2\frac{1}{2}$ cups cooked macaroni |
| | mayonnaise | 1 |
| 1 | cup milk | Salt |
| | Pepper | $\frac{1}{2}$ lb. shredded cheese |

Make a sauce by melting butter in double boiler over boiling water, add flour, salt, pepper and stir until smooth. Blend in milk and cook until thickened, stirring constantly. Add part of cheese and stir until cheese is melted. Mix sauce with macaroni and pour into buttered baking dish. Top with remaining cheese and bake in moderate oven. Makes six servings.

Mrs. Dewey Shelton, Snow Hill HDC

MACARONI OR SPAGHETTI AND CHEESE

- | | |
|-------------------|--|
| 1 cup macaroni or | 1 tsp. salt |
| spaghetti | 1 to $1\frac{1}{2}$ cups grated cheese |
| 1 cup milk | $\frac{1}{4}$ tsp. paprika or $\frac{1}{8}$ tsp. |
| 2 tbsp. flour | white pepper |

Cook macaroni or spaghetti. Put a layer of boiled macaroni into a buttered baking dish. Sprinkle with grated cheese or cover with thin sliced cheese. Repeat. Pour over this a medium white sauce made of milk, flour and butter. Bake in a moderate oven until brown.

Mrs. Fred Crews, Leak Memorial HDC

CHEESE STRATA

Arrange six slices of bread (crusts removed) in the bottom of a baking dish, fitting them in so that the entire surface is covered. Cover the slices of bread with one-half pound sliced American cheese. Cover with six more slices of bread. Beat 4 eggs and $2\frac{1}{2}$ cups milk together. Season with salt and pepper. Pour mixture over bread and cheese and let stand for an hour or more. Bake in moderate oven (325 deg. F.) for 40 minutes or until puffed up and slightly browned. Serves six. Note: This is nice to serve at buffet meals, with baked ham.

Mrs. I. G. Ross, Walnut Cove HDC

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CHEESE LOAF

(May be served as substitute for meat or as a salad)

- | | |
|-----------------------------------|----------------------------------|
| 1 tbsp. granulated gelatin | 2 tbsp. cold water |
| 3 tbsp. boiling water | 1 cup whipped cream |
| $\frac{3}{4}$ cup cooked dressing | $\frac{1}{2}$ cup chopped pecans |
| $\frac{1}{2}$ cup stuffed olives | 2 cups grated cheese |

Soak gelatin in cold water 5 minutes. Pour boiling water over gelatin and stir until dissolved. When cold, add dressing, cheese, olives, nuts and fold in whipped cream. Pour into oiled mold.

Mrs. Len Preston, Pine Hall HDC

COOKED DRESSING

- | | |
|---------------------------|-------------------------|
| $\frac{2}{3}$ cup vinegar | $\frac{1}{2}$ cup sugar |
| 2 eggs, well beaten | 1 tsp. dry mustard |
| 1 tbsp. butter | |

Heat vinegar and pour over other ingredients, then cook in double boiler. Use $\frac{1}{2}$ of this for salad.

Mrs. Len Preston, Pine Hall HDC

CHEESE DREAMS

Slice bread thin as for sandwiches and butter each face. Make sandwich, using thin slices of American cheese, salt and pepper. Bake in moderate oven (350 deg. F.) until cheese bubbles—about 10 minutes.

Mrs. Olive Smith, Rosebud HDC

ONE DISH EGG MEAL

- | | |
|---|-----------------------------------|
| 4 eggs, beaten | $\frac{1}{4}$ lb. cheese (snappy) |
| $\frac{1}{4}$ lb. chipped beef, in small pieces | 1 cup tomatoes or tomato soup. |

Put in greased frying pan and scramble.

Mrs. Eleanore Binkley, Forest Chapel HDC

PIMIENTO AND CHEESE

- | | |
|---------------------------|--------------------------------|
| 3 tbsp. butter | $1\frac{1}{2}$ cups sweet milk |
| 3 tbsp. flour | 1 lb. cheese |
| 2 small cans pimiento | 4 egg yolks |
| $\frac{1}{2}$ cup vinegar | $\frac{1}{2}$ cup sugar |
| 1 tsp. mustard | 1 tsp. celery seed |
| salt to taste | |

Cook until thick. Add beaten egg white.

Mrs. Frances Martin, Danbury HDC

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Butter small oven proof dishes. Break one egg into each, season each with little butter and salt and sprinkle the tops with grated cheese or bread crumbs which may be mixed with a little chili powder or paprika. Bake in oven until set. (Left over yolks from baking may be used this way.)

Mrs. Al Wall, Snow Hill HDC

COTTAGE CHEESE

Take 1 gallon (or lesser quantity if desired) of fresh clabber. Place on back of stove (or slow heat) and heat slowly until it begins to separate, or the whey to come to the top. Be careful not to let it get too hot. Pour into a colander and drain off all the whey. Let it drain for two or three hours or longer. Add salt to taste and enough top milk to make it as soft as desired. Keep in the refrigerator.

Mrs. H. E. Carter, Sandy Ridge HDC

WELSH RABBIT OR RAREBIT

(4 servings)

2 tbsp. butter	1 cup cheese (grated or
2 tbsp. flour	chopped)
$\frac{1}{2}$ tsp. salt	Crackers or toast
$\frac{1}{4}$ tsp. mustard	Pepper
1 cup milk	

Make a white sauce of butter, flour, milk and seasonings by mixing in double boiler. When well cooked (10 to 15 minutes) add cheese, stirring constantly until cheese is melted. Serve hot over crackers or toast.

Mrs. Rufus Rhyne, Walnut Cove HDC

SPANISH OMELET

Cook together in sauce pan:

$1\frac{1}{2}$ cups tomatoes (juice and	8 or 10 stuffed olives
pulp)	1 onion (chopped)
1 green pepper (chopped)	Parsley (chopped)

Cook until thick. Beat 4 eggs separately, then together. Add $\frac{1}{2}$ cup milk, season with salt, pour in hot frying pan. Cook over moderate heat until bottom of omelet is set, then set in oven for a minute or two. Turn out on dish and pour $\frac{3}{4}$ of sauce on half of omelet and fold other half over. Next, pour remainder of sauce around omelet. Place 6 slices bacon, fried crisp, on top of omelet.

Mrs. Paul Fulton, Walnut Cove HDC

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EGG CURRY

Make a cream sauce using $1\frac{1}{2}$ cups milk. Add curry powder to taste (from $\frac{1}{2}$ tsp. to $1\frac{1}{2}$ tsp., depending on individual taste). Add 4 hard boiled eggs cut in small pieces. Place over low heat to marinate for about 15 minutes. To use left over ham and add to the flavor, cut ham in small pieces and add to the egg mixture. Green and red sweet pepper cut in small pieces is also a delicious addition. Serve on soda crackers, buttered toast or waffles. Whole wheat toast is especially good.

Mrs. Eleanore Binkley, Forest Chapel HDC

CHEESE SOUFFLE

1 cup chopped or $\frac{3}{4}$ cup	2 tbsp. butter
grated cheese	3 tbsp. flour
1 cup milk	3 eggs
$\frac{1}{2}$ tsp. salt	Dash of cayenne or paprika
White pepper to taste	

Make a white sauce of flour, butter and milk. Add egg yolk and stir until cool. When ready to bake, beat the egg whites until stiff and fold into the cheese mixture. Pour into a well-buttered baking dish ($\frac{1}{2}$ to $\frac{3}{4}$ full) and bake in a slow to moderate oven until firm and brown. It will require 30 to 45 minutes at 350 deg. F. to 375 deg. F. Souffle must be served at once when done in the dish in which baked.

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COOKIES



COOKIES

When making drop cookies, dip up the dough with a standard tablespoon measure. Dip the measuring spoon in water before putting it into the dough each time. Dough falls out easily, flat side down, on the cookie sheet, and your cookies will be the same size and same shape.

BROWNIES

- | | |
|------------------------------------|----------------------------|
| $\frac{1}{2}$ cup flour | pecan meats |
| $\frac{1}{4}$ cup fat | 1 cup sugar, granulated |
| 2 sqs. chocolate, melted | 1 egg |
| $\frac{1}{2}$ cup broken walnut or | $\frac{3}{4}$ tsp. vanilla |

Combine ingredients in order given and mix well. Spread in well greased shallow pan, bake in slow oven (300-350 deg. F.). Remove from oven and mark off in squares while warm. Cool in pan.

Mrs. Fred Crews, Leak Memorial HDC

BROWNIES OR FUDGE SQUARES

- | | |
|--------------------------|--------------------------|
| $\frac{1}{2}$ cup butter | 1 cup sugar |
| 2 eggs | 2 sqs. chocolate, melted |
| $\frac{1}{2}$ cup flour | 1 cup chopped nuts |

Cream butter and sugar well. Add eggs, one at a time. Stir well and add other ingredients. Spread in buttered baking pan. Bake from 20 to 30 minutes in moderate oven (350 deg. F.). Cut in squares when cool.

Mrs. Raleigh Hartman, Forest Chapel HDC

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BANANA OATMEAL COOKIES

- | | |
|------------------------------|--|
| 1 cup mashed bananas | $\frac{1}{2}$ tsp. soda |
| 1 cup sugar | $\frac{1}{4}$ tsp. nutmeg |
| 1 tsp. salt | $1\frac{3}{4}$ cup quick cooking oatmeal |
| $\frac{3}{4}$ cup shortening | $\frac{1}{2}$ cup chopped nuts |
| 1 well beaten egg | |
| $1\frac{1}{2}$ cups flour | |

Mix well and drop from spoon on cookie sheet. Bake until slightly brown.

Mrs. Preston Murray, Forest Chapel HDC

BUTTER SCOTCH COOKIES

- | | |
|-----------------------------------|-----------------------------------|
| $\frac{1}{2}$ cup shortening | 2 cups brown sugar, firmly packed |
| 2 eggs, well beaten | |
| $1\frac{1}{2}$ tsp. baking powder | $1\frac{1}{4}$ cups flour |
| 2 cups chopped nuts | $\frac{1}{2}$ tsp. salt |

Melt shortening and stir in sugar. Mix well, cool slightly and stir in well beaten eggs. Sift together flour, baking powder and salt. Add with nuts to first mixture. Drop by teaspoonsful several inches apart on greased baking sheet. Bake in slow oven 325 deg. F. 25 minutes. Remove from oven at once.

Mrs. Raleigh Hartman, Forest Chapel HDC

BUTTER COOKIES

Cream 1 cup butter and $\frac{1}{2}$ cup confectioner's sugar. Add $1\frac{1}{2}$ tsp. vanilla, 1 tbsp. water and 2 cups plain flour (salt). Mix above ingredients and add 1 cup chopped nut meats (pecans or walnuts). Roll flat with rolling pin and cut with knife into strips or squares. Bake 20 min. at 300 deg. F. or until light brown. Sprinkle with confectioner's sugar or use plain.

Nancy H. Calloway, King HDC

CHESS PIE COOKIES

- | | |
|----------------------------------|----------------------|
| $\frac{1}{2}$ cup butter | 2 cups brown sugar |
| 2 eggs, unbeaten | 1 tsp. vanilla |
| $1\frac{1}{2}$ cups sifted flour | 2 tsp. baking powder |
| Pinch salt | 1 cup chopped nuts |

Melt butter in heavy skillet. Add brown sugar and stir until the sugar is dissolved and bubbles. Remove from heat and cool to lukewarm. Sift flour with baking powder and salt. Stir eggs, one at a time into sugar mixture. Mix well. Add flour and blend well. Add nuts to vanilla. Pour into greased pan. Bake in oven 350 deg. F. for 30 to 35 minutes.

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COOKIES

- | | |
|------------------------|----------------------|
| 2 eggs | 3 tbsp. cream |
| 1 cup sugar | 1 tsp. baking powder |
| $\frac{1}{2}$ cup lard | 1 tsp. vanilla |
| Flour | |

Mrs. Ralph Kiser, King HDC

COCOANUT TEA DAINTIES

Trim crusts from thin sliced bread. Put two sides together with tart jelly. Spread both sides of sandwich with cream cheese that has been softened to spreading consistency with sweet cream. Cut into small strips or squares and roll in shredded cocoanut. For an attractive bit of color, tint cocoanut by putting 3 or 4 drops vegetable coloring into pint jar, add cocoanut and shake.

Mrs. C. G. Terry, Forest Chapel HDC

COFFEE BARS

- | | |
|------------------------------------|----------------------------------|
| $\frac{1}{2}$ cup seedless raisins | $\frac{2}{3}$ cup strong coffee |
| $\frac{1}{2}$ tsp. cinnamon | $\frac{2}{3}$ cup shortening |
| 1 cup sugar | 2 eggs |
| $1\frac{1}{2}$ cups flour | $\frac{1}{2}$ tsp. baking powder |
| $\frac{1}{2}$ tsp. soda | $\frac{1}{4}$ tsp. salt |

Icing for Coffee Bars

- | | |
|--|----------------|
| $1\frac{1}{2}$ cups confectioner's sugar | 1 tbsp. butter |
| 2 tbsp. black, strong coffee | |

Mrs. P. E. Parsons, Leak Memorial HDC

"COCOANUT BELLES" COOKIES

- | | |
|--------------------------------|----------------------------|
| $\frac{1}{3}$ cup shortening | 4 tbsp. milk |
| 1 tsp. baking powder | 2 eggs, save 1 white |
| 1 cup sugar | $\frac{1}{2}$ tsp. vanilla |
| $\frac{1}{2}$ tsp. lemon juice | $1\frac{1}{2}$ cups flour |
| $\frac{1}{2}$ tsp. salt | |

Blend shortening with sugar and eggs in a quick stirring. Sift dry ingredients. Add to first mixture alternately with milk. Blend well, spread $\frac{1}{4}$ inch thick in well greased pan (shallow). Cover with cocoanut meringue. Bake 30 minutes in slow oven. Cut in strips. Dust with black walnuts cut fine.

Cocoanut Meringue

- | | |
|----------------------------|-------------------------------------|
| 1 egg white | 1 cup light brown sugar |
| $\frac{1}{2}$ tsp. vanilla | $\frac{2}{3}$ cup shredded cocoanut |

Beat egg white stiffly, beat in sugar. Add flavoring. Fold in cocoanut.

Mrs. J. H. Robertson, Pine Hall HDC

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DATE NUT BARS

Cream the following mixture:

1½ cups flour	1½ cups rolled oats
½ tsp. soda	1 cup melted butter
1 cup brown sugar	1 cup finely chopped nuts
Filling:	
1 pkg. dates, chopped	1 cup water
1 cup sugar	½ tsp. vanilla

Cook filling until thick and smooth, add vanilla, then cool. To prepare crumb mixture, sift flour, soda, salt, add brown sugar and oatmeal. Add melted butter and nuts and mix thoroughly. Put ½ crumb mixture into a fairly shallow greased pan, put filling on top and add remaining crumb mixture, patting it down well. Bake in moderate oven 30 to 35 minutes. Cool and cut in squares.

Mrs. Betty Bolejack, Poplar Springs HDC

DATE STICKS

3 eggs	1 cup dates
2 tsp. baking powder	1 cup sugar
1 cup nuts	1½ cups flour
1 tsp. vanilla	

Beat eggs, add sugar and mix in flour. Add other ingredients. Bake in greased baking sheet in moderate oven over 350 deg. F. about 30 minutes. Cut in strips, sprinkle with white sugar while hot.

Mrs. Frank Tilley, Cleo's HDC

CHEESE COOKIES OR CHEESE STRAWS

1 lb. cheese	1 lb. butter
1 lb. flour	

Cream well. Use in cookie gun or roll and cut in strips for cheese straws.

Mrs. Frank Tilley, Cleo's HDC

DREAM BARS

Bottom—½ cup butter, ½ cup brown sugar, firmly packed, 1 cup flour, dash of salt. Bake 15 to 18 minutes, then pour on top. The topping, 3 eggs, 1 cup brown sugar, firmly packed, 2 tbsp. flour, dash of salt, ½ cup chopped nuts, 1 cup cocoanut, 1 tsp. vanilla. Work butter until creamy, add sugar gradually and thoroughly. Bake at 425 deg. F. Cut into squares. Delicious.

Mrs. Roy S. Redding, Quaker Gap HDC

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DATE-NUT SQUARES

$\frac{1}{2}$ cup flour	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup sugar
1 egg, beaten	$\frac{1}{2}$ cup chopped nuts
1 cup chopped dates	$\frac{1}{2}$ cup shortening

Mix flour, baking powder, salt. Blend sugar, shortening and eggs together. Add dates, nuts, mix well. Bake about 30 minutes at 325 deg. F. Rub powdered sugar on top when done. Cut into small squares. Bake in a long shallow pan. This cookie keeps well.

Mrs. S. R. Gibson, Pine Hall HDC

DOUBLE PEANUT COOKIES

1 cup pancake ready-mix	$\frac{3}{4}$ cup brown sugar
$\frac{1}{2}$ cup soft shortening	$\frac{1}{2}$ cup peanut butter
1 egg, unbeaten	1 tsp. vanilla
$1\frac{1}{2}$ cups quick rolled oats, uncooked	Chopped peanuts

Place ready mix, brown sugar, peanut butter, shortening, egg and vanilla in mixing bowl. Beat until smooth, about two minutes. Fold in rolled oats. Shape dough into small balls and place on ungreased baking sheet. Flatten with bottom of glass covered with wax paper. Bake in a moderate oven (375 deg. F.) ten to 12 minutes. Makes around $2\frac{1}{2}$ doz. cookies.

Mrs. Carl Wilson, Nancy Reynolds HDC

DROP COOKIES

$\frac{1}{2}$ cup butter or shortening	$\frac{3}{4}$ cup white sugar
1 egg	$\frac{1}{2}$ tsp. vanilla
$1\frac{1}{3}$ cups flour	$\frac{1}{2}$ tsp. soda
$\frac{1}{2}$ tsp. salt	

Cream butter and sugar until smooth. Beat in eggs. Stir in other ingredients. Chill and drop half teaspoonful on greased cookie sheet. Bake in moderately hot oven (375 deg. F.) for 10 to 12 minutes. Makes 50 to 75 cookies.

Mrs. Raleigh Hartman, Forest Chapel HDC

HOLLY BROOK COOKIES

1 egg white, beaten stiff

Add 1 cup brown sugar, $\frac{1}{2}$ tsp. soda, 1 cup nut meats, cut fine. Drop from teaspoon on greased cookie pan. Bake in slow oven 20 minutes to half hour.

Mrs. Eleanore Binkley, Forest Chapel HDC

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FRUIT DROP COOKIES

- | | |
|---------------------------------|--|
| 3 cups sifted flour | 2 eggs |
| $\frac{1}{2}$ tsp. salt | $1\frac{1}{4}$ tsp. soda |
| 1 cup lard | $\frac{1}{4}$ cup warm water |
| $1\frac{1}{2}$ cups brown sugar | 1 cup chopped pecans |
| 1 tsp. vanilla | 1 cup chopped dates, raisins, currants or prunes |

Sift together flour and salt. Cream lard and sugar, add vanilla. Add eggs, one at a time, beating after each addition. Dissolve soda in warm water and add. Blend nuts and fruit into flour mixture. Add. Drop by spoonful on greased cookie sheet, and bake in moderate oven (375 deg. F.) for 10 minutes. Yield: 6 doz. cookies.

Frances Meadows, King HDC

MORAVIAN CHRISTMAS COOKIES

- | | |
|--------------------------------|---------------------------------|
| 1 qt. Puerto Rico molasses | 4 qts. flour or enough so |
| 1 to 2 tbsp. pure lard | dough can be handled |
| 4 level tsp. soda dissolved in | $2\frac{2}{3}$ cups brown sugar |
| $\frac{1}{2}$ cup buttermilk | 12 tbsp. butter |
| 2 tsp. cloves | 2 tsp. nutmeg |
| 2 tsp. ginger | 2 tsp. cinnamon |
| 2 tsp. mace | 1 cup wine or brandy |

Chill well and roll a small piece at a time, rolling very thin.

Mrs. R. C. Meadows, King HDC

MORAVIAN CHRISTMAS COOKIES

- | | |
|---|--|
| 1 qt. molasses (best grade of bright Puerto Rico) | $\frac{3}{4}$ lb. light brown sugar |
| 2 level tbsp. cinnamon | $\frac{3}{4}$ lb. lard and butter mixed |
| 2 level tbsp. cloves | $\frac{1}{4}$ lb. butter & $\frac{1}{2}$ lb. lard) |
| 2 level tbsp. soda | 2 level tbsp. ginger |
| | 4 lbs. flour |

Warm the molasses lukewarm, then stir in the sugar (which has been rolled until free from lumps), dissolve the sugar in the molasses, then add the lard and butter (first warming it). Stir in spices and add a small quantity of flour and beat until smooth, then add soda dissolved in a small quantity of hot water*, then add remainder of flour and knead the dough until it is slick when you rub it.

Make dough in the evening and let stand over night.

*Dissolve soda in about $\frac{1}{2}$ cup of vinegar and don't cool sugar and use all the spices you want to.

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$\frac{2}{3}$ cup shortening	$\frac{1}{2}$ cup sugar
1 cup molasses	$4\frac{1}{2}$ cups flour
1 egg	1 tbsp. vinegar
2 tbsp. cold water	1 tbsp. soda
1 tbsp. ginger	

Cream shortening with sugar, add beaten eggs, then molasses, vinegar and water. Sift flour, soda and ginger and add to first mixture. Stir in as much of the flour as you can and knead in remainder. Roll out, cut in desired shapes and bake 10 to 12 minutes at 350-375 deg. F. If desired place a raisin in center of each cooky when placing in pan. These cookies will keep quite a while and get better after a few days.

Mrs. H. E. Carter, Sandy Ridge HDC

OATMEAL COOKIES

$\frac{1}{2}$ cup fat	$\frac{1}{2}$ tsp. baking powder
$1\frac{1}{2}$ cups rolled oats	1 egg
1 cup sugar	$\frac{1}{8}$ tsp. salt
$1\frac{1}{2}$ cups flour	$\frac{1}{3}$ cup sour milk
1 cup chopped raisins or nuts	$\frac{1}{2}$ tsp. cinnamon
	$\frac{1}{2}$ tsp. soda

Cream butter, add sugar, and well beaten egg or milk. Flour raisins and nuts with a small amount of the flour. Sift the remaining flour with the salt, cinnamon, soda and baking powder. Add oatmeal. Add gradually to butter mixture, add nuts and raisins. Drop by spoonful in greased pan or baking sheets. Bake in oven 350 to 375 deg. F. for 15 to 20 min.

Mrs. Rex Tilley, K-Fork HDC

PEANUT BUTTER COOKIES

1 cup fat	1 cup brown sugar
2 eggs	1 tsp. soda
$\frac{1}{4}$ tsp. vanilla	1 cup granulated sugar
1 cup peanut butter	$2\frac{1}{2}$ cups flour
$\frac{1}{2}$ tsp. salt	

Cream fat and sugar, add peanut butter, mix well. Add dry ingredients sifted together. Add vanilla. Shape into balls, place about two inches apart on cookie sheet and flatten. Bake in moderate oven.

Mrs. Paul Holt, State Line HDC

Miss Nancy Shelor, State Line HDC

Mrs. Decie Boyles, King HDC

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PEANUT BUTTER COOKIES

Cream together $\frac{1}{2}$ cup shortening, $\frac{1}{2}$ cup peanut butter. Add and continue creaming, $\frac{3}{4}$ cup brown sugar, firmly packed. Stir in: 1 slightly beaten egg. Sift together: 1 cup sifted flour, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ tsp. soda. Add to first mixture; blend well. Chill 2 hours. Shape dough into 1 inch balls; place on greased cookie sheet. Dip fork in cold water; press each flat. Bake at 375 deg. F. about 10 minutes. Makes 48.

Mrs. Agnes Watkins, Cleo's HDC

ROLLED CHOCOLATE COOKIES

$\frac{1}{4}$ cup fat	1 tsp. salt
$2\frac{1}{2}$ cups flour	$\frac{1}{4}$ cup water or milk
1 cup sugar	2 tsp. baking powder
1 egg	6 tbsp. cocoa

Cream fat and sugar, add egg, salt. Add baking powder to flour. Add cocoa and milk, then add flour. Work smooth and roll. Bake in hot oven.

Maxine Meadows

SPANISH SWEETS

$\frac{1}{4}$ lb. candied cherries	$\frac{1}{4}$ lb. seeded raisins
$\frac{1}{4}$ lb. figs	$\frac{1}{4}$ lb. stoned dates
$\frac{1}{4}$ lb. almonds	$\frac{1}{2}$ lb. walnuts
$\frac{1}{4}$ lb. hickory or pecan nuts	

Mix all together and grind fine or chop. Sprinkle board with powdered sugar. Toss on the mixture. Knead well. Cut into small squares. This will keep several days packed in layers of waxed paper.

Mrs. Lydia Hodge, Sandy Ridge HDC

PECAN COOKIES

$\frac{3}{4}$ cup shortening	1 egg
$1\frac{1}{2}$ cups brown sugar	2 cups flour
$\frac{1}{2}$ tsp. allspice	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ tsp. soda	$\frac{1}{4}$ cup whole pecan nuts
$\frac{1}{2}$ cup chopped nuts	

Cream shortening and sugar, add egg. Mix well. Mix dry ingredients, add gradually. Add chopped nuts. Wrap in wax paper and chill thoroughly. Form into balls half inch in diameter. Press a whole nut into each ball. Cook at 375 deg. F. from 8 to 10 minutes. Yields about 5 dozen cookies.

Mrs. Roy Redding, Quaker Gap HDC

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SAND DABS

- | | |
|---------------------------------------|------------------------------|
| $\frac{3}{4}$ cup butter | 4 tbsp. confectioner's sugar |
| 2 cups flour (sifted then
measure) | 2 tsp. water |
| 1 cup finely chopped nuts | 2 tsp. vanilla |

Cream butter and sugar. Add rest of ingredients and mix well. Pinch off bits of the dough and roll about the size of a finger. Bake 40 to 45 min. in oven pre-heated to 325 deg. F. Roll in powdered sugar.

Mrs. Troy Ziglar, Sandy Ridge HDC

SCRATCH BACK COOKIES

- | | |
|---|---------------------------|
| 1 cup butter | 1 tsp. salt |
| 2 cups sugar | 3 eggs |
| 1 tsp. soda melted in 2 tsp.
hot water | 2 tsp. cinnamon |
| 1 cup nuts (black walnuts) | $3\frac{1}{2}$ cups flour |
| | 1 cups raisins |

Cream butter and sugar. Add beaten eggs, then soda water, salt, cinnamon, nuts, raisins, and flour. Grease pan and drop cookies on and cook in moderate oven.

Mrs. Jim Dalton, Pine Hall HDC

KRISS KRINGLE COOKIES

Thoroughly cream 1 cup shortening, 1 cup brown sugar, 1 cup white sugar, add 2 beaten eggs, 1 tsp. vanilla. Beat well. Add $1\frac{1}{2}$ cups flour sifted with 1 tsp. salt and 1 tsp. soda. Add 3 cups quick cooking oat meal. Form in a roll, chill thoroughly, slice $\frac{1}{2}$ in. thick. Bake on ungreased pan in moderate oven 10 minutes.

Mrs. Martha Bennett, Capella HDC

REFRIGERATOR NUT COOKIES

- | | |
|--------------------------|-------------------------------|
| $\frac{3}{4}$ cup butter | $\frac{1}{2}$ cup brown sugar |
| 2 cups granulated sugar | 2 eggs, well beaten |
| 1 tsp. vanilla | 1 cup nut meats, chopped |
| 4 cups flour | 4 tsp. baking powder |
| $\frac{1}{4}$ tsp. salt | |

Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add eggs, nuts and vanilla. Sift flour once, measure and add baking powder and salt, sift again and add gradually, mixing well and shape into a roll $1\frac{1}{2}$ inches in diameter, and roll into waxed paper. Chill overnight, then slice, and bake on a cookie sheet.

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MERRY CHRISTMAS COOKIES

Mix together thoroughly $\frac{1}{3}$ cup soft shortening, $\frac{1}{3}$ cup brown sugar (packed in cup), 1 egg and $\frac{2}{3}$ cup molasses. Sift together and stir in $2\frac{3}{4}$ cups sifted flour, 1 tsp. soda, 1 tsp. salt, 2 tsp. cinnamon and 1 tsp. ginger. Chill dough. Roll out $\frac{1}{4}$ inch thick and cut into desired shapes. Place 1 inch apart on lightly greased baking sheet. Bake from 8 to 10 minutes at 375 deg F.

Mrs. Everette Bolejack, Poplar Springe, HDC

SUGAR COOKIES

$\frac{3}{4}$ cup shortening (part butter)	$\frac{1}{4}$ cup milk
2 tsp. baking powder	1 cup sugar
3 cups flour	1 egg
	1 tsp. flavoring

Cream shortening, add sugar and cream until light. Beat egg and add to creamed mixture. Add flavoring. Sift dry ingredients, add this and milk to creamed mixture. Roll dough on lightly floured board. Cut with cookie cutters. Bake in hot oven (375 deg. F.) for 10 minutes. Place colored sugar on top of cookies.

Mrs. Dena Rogers, K-Fork HDC

SCHOOL BOY JUMBLE

2 cups sugar	1 cup butter
4 cups flour	4 eggs
3 tsp. baking powder	3 tbsp. cold water
1 tsp. vanilla	1 tsp. almond extract

Cream butter and sugar well. Gradually add beaten eggs, and liquid. Add flavoring. Sift and measure flour, add baking powder, resift, and gradually stir into mixture. Roll out lightly on floured board, cut in shape, sprinkle top with white or colored sugar. Place on tins and bake in moderate oven until light brown.

Instead of rolling dough, I use cookie press.

Mrs. Manley Dunlap, K-Fork HDC

WALNUT SURPRISE COOKIES

1 cup brown sugar	1 egg
1 tsp. vanilla	$\frac{1}{2}$ cup flour
$\frac{1}{4}$ tsp. salt	$\frac{1}{4}$ tsp. soda
1 cup chopped nuts	

Sift together sugar, flour, salt, soda. Add egg, vanilla and nuts. Mix well. Spread batter in greased 9-inch square pan. Bake 20 minutes in moderate oven (350 deg. F.). Leave in pan, mark in squares or bars while warm. "Delicious."

Mrs. J. H. Robertson, Sr., Pine Hall HDC

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SNOWBALLS

Sheet of angel food cake $1\frac{1}{2}$ inches thick
1 lb. powdered sugar
1 cup heavy cream
1 teaspoon almond flavoring
Grated coconut

With small biscuit cutter, cut round bake as thick as diameter of cutter (to make round balls). Make a frosting of powdered sugar, cream and flavoring. Dip cakes in frosting then grated cocoanut.

N. C. Extension Service

RICH COOKIES

1 cup butter	2 egg yolks
1 cup brown sugar (packed)	2 cups flour
1 tsp. vanilla	pinch salt

Make stiff dough. Pinch off in small balls. Dip in unbeaten whites. Place on greased tin and top with a nut.

Mrs. Decie Boyles, King HDC

YUM YUM GEMS

$\frac{1}{2}$ cup Crisco or other shortening	1 cup brown sugar
1 egg	1 cup sour milk or buttermilk
1 tsp. cinnamon	1 tsp. nutmeg (ground)
1 tsp. cloves (ground)	1 cup raisins
$\frac{1}{2}$ cup chopped walnut meats	

Blend shortening and egg at one time, add sour milk, raisins and nuts and spices. Pour into greased cups or cake tins, bake in moderate oven 15 or 20 minutes or until done.

Mrs. J. R. Martin, Danbury HDC

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DESSERTS



DESSERTS

Ice crystals will not form on top of ice cream made in refrigerator if you wrap the tray in wax paper as soon as the ice cream is frozen and lower the temperature control. Beating the cream thoroughly several times while it is freezing gives it a finer texture.

Too much sugar, too long heat, or too long cooking will cause custards to be watery.

RAW APPLE FLOAT

4 medium sized apples
5 egg whites

5 tbsp. sugar
Nutmeg

Peel and grate the apples and then drain off liquid. Beat the egg whites until stiff. Gradually add the sugar. Fold in the grated apple slowly, beating all the time. Pour into a serving bowl and sprinkle top with nutmeg. Place in the refrigerator until ready to serve. Try this when the temperature soars near 100 degrees. Its very appearance has a cooling effect on one.

Mrs. Paul Lewis, King HDC

APPLE CRISP

Peel and slice apples, place in baking pan, sprinkle with sugar, according to tartness to apples. Mix together 1 egg, 1 cup sugar, 1 cup sifted flour, baking powder, $\frac{1}{4}$ tsp. salt. Mix until creamy and scatter over top of apples. Bake until apples are done and crumb topping is brown. Serve with cream.

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CINNAMON APPLE RINGS

Bright spot of color for salad or meat accompaniment—

- | | |
|--|----------------------------|
| $\frac{1}{4}$ cup sugar | 4 apples, pared, cored and |
| 1 cup water | cut in rings |
| $\frac{1}{2}$ cup red cinnamon candies | 1 tsp. red food coloring |

Combine sugar, water and cinnamon candies; cook until candies dissolve. Place apples in syrup; add red coloring till desired color is reached. Cook until apples are tender, turning to assure even color. Cool apples in syrup. Drain before serving.

Mrs. W. J. Blackwell, Pine Hall Club

FRUIT COBBLER

- | | |
|-------------------------|-------------------------------------|
| 1 cup flour | $\frac{1}{3}$ cup sugar |
| $\frac{1}{4}$ tsp. salt | 1 tsp. baking powder |
| $\frac{1}{4}$ cup milk | 1 egg, beaten |
| 1 tbsp. butter, melted | Fresh or canned fruit,
sweetened |

Heat fruit to boiling and sweeten to taste. Sift flour, baking powder, sugar and salt into a mixing bowl. Add milk, beaten egg, and melted butter, mix lightly. Arrange fruit in bottom of baking dish. Spread batter over hot fruit. Bake in a hot oven 400 deg. F. until brown. Serve with fruit sauce or cream.

Mrs. John Jefferson, State Line HDC

PRUNE DELIGHT

1 cup cooked, pitted prunes, cut up and drained.

Beat 2 egg whites until stiff, add $\frac{1}{2}$ cup sugar gradually, $\frac{1}{8}$ tsp. cloves, 1 cup graham cracker crumbs, then put in the chopped prunes, add $\frac{1}{2}$ tsp. vanilla, then 1 cup whipped cream and fold together. Put in custard cups or small serving dishes, place a walnut half on each and chill.

Mrs. Walter Petree, Danbury HDC

HEAVENLY HASH

- | | |
|--------------------------------|----------------------|
| 1 can pineapple tidbits | 10 marshmallows |
| $\frac{1}{2}$ cup walnut meats | 1 cup whipping cream |

Combine pineapple, which has been drained with marshmallows, diced in small pieces and whipping cream. Place in refrigerator for several hours. Just before serving fold in nut meats.

Mrs. Gerna Bowman, Rosebud HDC

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HONEY GRAHAM CRACKER LOG

- | | |
|--------------------------|-------------------------------|
| 2 quarter-pound packs of | 16 marshmallows, diced |
| Honey Graham crackers | 1 pkg. dates, chopped (8 oz.) |
| 2 cups chopped walnuts | 1 cup heavy cream or |
| | evaporated milk |

Roll graham crackers to fine crumbs. Combine marshmallows, dates and walnuts; mix thoroughly with $1\frac{3}{4}$ cups cracker crumbs. Add cream, not whipped, and mix thoroughly. Shape in loaf. Roll the loaf in remaining cracker crumbs, wrap well in waxed paper. Chill in refrigerator at least 6 hours. Slice and serve with whipped cream. Serves 8 to 10.

Mrs. N. E. Pepper, Danbury HDC

BOILED CUSTARD

- | | |
|-------------------|------------------------|
| 1 qt. fresh milk | 1 tsp. almond or lemon |
| 1 cup sugar | flavoring |
| 4 eggs, separated | 1 tsp. vanilla |

Put milk in double boiler and let come to a boil. Remove from stove immediately and allow to cool for 5 minutes. Add well-beaten eggs yolks and return to stove. When it comes to a boil, remove again. Add stiffly beaten egg whites. Stir in sugar and flavoring. Cool and place in refrigerator. Serve cold with cake.

Mrs. J. R. Jones, Walnut Cove HDC

LIME SHERBET

- | | |
|-------------------|---------------------------|
| 1 pkg. lime jello | 1 cup hot water |
| 1 qt. milk | $1\frac{1}{2}$ cups sugar |
| 2 lemons | |

Dissolve jello in hot water. Add sugar and juice of two lemons. Stir until cool and then add milk. Pour into trays and freeze. Serves from 12 to 14 people. Is also good when ginger ale is poured over it.

Mrs. C. H. Trawick, King HDC

LEMON BISQUE

- | | |
|-----------------------------------|---------------------------------|
| 1 can evaporated milk | $\frac{3}{4}$ cup sugar |
| 2 to 3 lemons, grated rind of one | 1 package jello (lemon or lime) |

Let milk chill. Whip milk stiff. Add lemon grated and juice with jello, mix well. Pour in dish lined with vanilla wafers or graham crackers. (Roll crackers and line dish with crumbs.)

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EXQUISITE CUSTARD

1 cup sugar	1/2 cup butter
1/2 tsp. nutmeg	1/2 tsp. cinnamon
1 tsp. vinegar	1/2 cup nut meats (pecans)
1/2 cup raisins	2 eggs

Cream butter and sugar. Add cinnamon, nutmeg, vinegar, nut meats and raisins. 1 cup of nut meats may be used instead of raisins. Add well beaten eggs. Pour in uncooked pie shell and bake 50 to 60 minutes at 350 deg. F.

Mrs. Manley Dunlap, K-Fork HDC

REFRIGERATOR PEACH ICE CREAM

1 No. 2 can evaporated milk	2 cups fresh peaches
1/2 pt. or 1 pt. whipping cream	(sweetened)
	2 tbsp. sugar

Add sugar to evaporated milk and stir until dissolved. Now freeze. While this is freezing, separately whip 1/2 pint or 1 pint whipping cream and mash fresh peaches, sweetened to taste. Put in refrigerator to keep cool. Working fast, remove frozen milk and pour in mixing bowl and beat until fluffy. Now fold the whipped cream and mashed peaches into the beaten milk. Quickly whip and return to chilled refrigerator trays to freeze. Have refrigerator set at 2 or 3 to freeze. Stir once or twice while freezing.

Bananas and pineapple can be used the same way, but when using these fruits add the sugar to the whipped cream instead of the fruit.

Mrs. Victor Phillips, Walnut Cove HDC

PINEAPPLE DESSERT**Filling**

Soak 1 tbsp. gelatin in 1/4 cup cold water	1 tbsp. lemon juice
1 1/2 cup crushed pineapple	1/2 cup sugar
4 eggs	1/4 tsp. salt

Beat egg yolks a little, add sugar, pineapple and lemon juice. Cook in double boiler until eggs are cooked. Stir hard. Remove from heat, when mixture is cool. Add stiffly beaten egg whites to which you add 1/2 cup sugar. Fold this in the pineapple mixture—then pour into pan of wafers and butter crust. Cover with whipped cream. Then sprinkle a layer of crushed wafers. Then a layer of pecans set in ice box to chill.

Mrs. Odell Dodson, Rosebud HDC

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LEMON ICE CREAM**Double Portion**

2 cups
3 cups
2 pints
2 qts.

Single Portion

1 cup
1½ cups
1 pint
1 qt.

Lemon juice
Sugar
Whipping Cream
Milk

Dissolve sugar in lemon juice and chill in refrigerator three hours or over night. When juice is well chilled, add milk and whipping cream. Stir until well mixed and freeze at once, or put in home freezer and freeze.

Mary Sue Norman, Assistant Home Agent

HONEY ICE CREAM

2 eggs, separated
2 cups cream

½ cup honey
1 tsp. vanilla

Beat egg yolks until thick. Add honey gradually. Blend in cream and vanilla. Freeze until firm. Place in chilled bowl. Add egg whites. Beat until smooth. Return to freezer tray, freeze until firm.

Mrs. Lydia Hodge, Sandy Ridge HDC

OLD FASHIONED BREAD PUDDING

3 cups sweet milk
3 tsp. flour
3 biscuits

5 eggs
1½ cups sugar
1 tsp. flavoring

Pour milk over biscuits. Let soak while mixing dry ingredients. Beat eggs in, keep 3 egg whites for top. Mix all together and pour in well buttered pan. Dot with butter and bake in oven until done. Put meringue on top and brown.

Mrs. Fred Marshall, Leak Memorial HDC

SWEET POTATO PUDDING

¾ lb. raw sweet potato,
grated
Butter the size of walnut
3 tbsp. flour

Spices to taste
4 eggs
1 pt. whole sweet milk
1 cup light brown sugar

Beat eggs well, add sugar to which the flour has been mixed. Now add melted butter and grated potato, mixing in your nutmeg, cinnamon and such at the same time. Bake in a deep, buttered pan very slowly until set.

Mrs. N. E. Pepper, Danbury HDC

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EASY DESSERT

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Mrs. D. J. Easley, Leak Memorial HDC

SWEET POTATO PUDDING

3 cups grated raw sweet potatoes	1 tsp. vanilla
2 well beaten eggs	1½ cups sugar
	1 cup butter

Mix well. Pour in buttered baking dish. Bake 1 hour at 350 deg. F. until done in center. When done, cover with marshmallows and brown.

Mrs. E. C. Roberts, Pine Hall HDC

UNCOOKED SWEET POTATO CUSTARD

2 cups sweet potatoes, shredded, uncooked	½ cup milk
1 tbsp. corn starch	½ cup sugar
1 tbsp. butter	1 egg yolk
	½ tsp. allspice

Mix all ingredients together in mixing bowl except butter. Then pack in uncooked pie crust. Sprinkle with the butter. Bake in a moderate oven. Frost with egg whites or marshmallows. Use cocoanut, if desired.

Mrs. C. W. Shelton

LEMON FLUFF PUDDING

2 tbsp. butter	2 tbsp. flour
2 eggs	1 lemon
1 cup sugar	1 cup milk

Cream butter and flour, add beaten egg yolks and sugar. Add milk, juice and rind of lemon. Beat egg whites to peak stage and add to mixture. Put in buttered glass casserole or custard cups. Place in pan of warm water and bake 30 to 35 minutes in 350 deg. F. oven.

Mrs. C. D. Tuttle, Rosebud HDC

HASTY PUDDING

Place cocoanut cake in a pirex baking dish. Cover with rich milk. Add teaspoonful vanilla. Beat one egg white, pour on top. Bake until meringue is brown. Easy to make and inexpensive.

Mrs. D. J. Easley, Leak Memorial HDC

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BIRDNEST PUDDING

Cream together 1 cup sugar and $\frac{1}{3}$ cup butter. Add 1 egg and $\frac{2}{3}$ cup sweet milk. Sift into this 2 cups flour and 2 tsp. baking powder. Cut three apples into eighths. Butter a pudding dish, fill with layers of apples and batter and bake. Oranges may be used instead of apples. Serve with the following sauce:

1	tblsp. melted butter	1	cup sugar
1 $\frac{1}{2}$	tsp. flour	1	egg
1	cup warm water		

Cook in double boiler, stirring constantly until it thickens. Flavor with 1 tsp. vanilla or lemon juice and grated rind.

Mrs. Elmer Petree, Danbury HDC

ENGLISH PLUM PUDDING

2	cups suet	2	cups sugar
	Stale bread crumbs	1	tsp. cloves
1	tsp. cinnamon	2	tsp. cream of tartar
1	cup flour	7	eggs
2	cups currants	1	lb. raisins
$\frac{1}{4}$	lb. citron	$\frac{1}{2}$	lb. figs
1	cup wine		

Prepare fruits, cutting fine. Prepare suet, grind or grate. Add sugar, bread crumbs, spices, and flour which has been sifted with the cream of tartar. Add to fruit and suet. Add beaten eggs. Mix thoroughly and allow to stand over night. In the morning take 1 cup milk and add 1 tsp. soda. Stir with other ingredients. Mix well. Pour into greased molds and steam or bake in oven 250 deg. F. 6 to 8 hours. Serve with hard sauce or lemon sauce.

Mrs. Sam Vernon, Sandy Ridge HDC

CARROT PUDDING

$\frac{1}{2}$	cup Crisco	1	cup grated raw carrots
1	egg	$\frac{1}{2}$	cup currants (may be omitted)
$\frac{1}{2}$	cup seedless raisins	1 $\frac{1}{4}$	cups flour
2	tsp. lemon peel	1	tblsp. water
$\frac{1}{2}$	tsp. soda	$\frac{1}{2}$	tsp. salt
1	tsp. baking powder	$\frac{1}{2}$	tsp. nutmeg
$\frac{1}{2}$	tsp. cinamon		
$\frac{1}{2}$	cup brown sugar		

Blend crisco, sugar and egg in one quick stirring. Add carrots, raisins, currants, thinly cut or grated lemon peel. Add sifted flour, baking powder, salt, spices. Mix thoroughly. Add soda dissolved in water. Pour into greased pudding dish. Bake in moderate oven (350 deg. F.) for one hour. Serve with pudding sauce or whipped cream.

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PINEAPPLE PUDDING

1 can pineapple
1 cup sugar

$\frac{1}{2}$ cup butter

Melt butter, stir in white sugar, then pineapple. Then put a layer of pineapple and a layer of graham crackers and a layer of nuts. Continue until you have used all the filling.

Mrs. Arch Tuttle, Capella HDC

STEAMED DATE PUDDING

Dissolve one teaspoon of soda in one cup hot water. Pour over one pound chopped dates. Let stand while mixing:

2 eggs, well beaten
 $\frac{1}{2}$ cup sugar
1 cup chopped nuts—add
dates

Steam two hours
 $\frac{1}{2}$ cup butter
 $1\frac{1}{4}$ cup flour

Sauce: Moisten one tablespoon of cornstarch with cold water. Pour boiling water over until thick. Put in double boiler. Add one package brown sugar, $\frac{1}{4}$ pound butter. Cook one hour, then add $\frac{1}{2}$ pint coffee cream.

Mrs. A. G. Sisk, Danbury HDC

FUDGE BATTER PUDDING

2 tbsp. melted butter
1 cup sugar
1 tsp. vanilla
1 cup sifted flour
8 tbsp. cocoa

1 tsp. baking powder
 $\frac{3}{4}$ tsp. salt
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup chopped nuts
 $1\frac{1}{2}$ cups boiling water

Mix butter, $\frac{1}{2}$ cup sugar and vanilla together, sift flour, 3 tbsp. cocoa, baking powder and $\frac{1}{2}$ tsp. salt together. Add alternately with milk to first mixture. Mix well and stir in nuts. (Nuts may be omitted if desired.)

Mix together $\frac{1}{2}$ cup sugar, 5 tbsp. cocoa, $\frac{1}{4}$ tsp. salt and boiling water. Put second mixture into a 10x6x2 inch baking dish or pan and drop batter by tablespoonsful on top. Bake in moderate oven (350 deg. F.) for 40 minutes. Serve warm, spoon out a portion of the cake and cover with sauce. Serves six.

Mrs. Arch Tuttle, Capella HDC

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DATE PUDDING

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ cup molasses	1 egg, beaten
1 cup chopped dates	$\frac{1}{2}$ cup chopped walnuts

$\frac{1}{2}$ cup sour milk to which has been added $\frac{1}{2}$ tsp. soda

Sift together $1\frac{1}{2}$ cups flour, $\frac{1}{4}$ tsp. each salt, nutmeg, $\frac{1}{2}$ tsp. cinnamon. Mix in order given. Stir well. Fill buttered mold two-thirds full and steam $2\frac{1}{2}$ hours. Serve with sauce.

Mrs. A. G. Sisk, Danbury HDC

PERSIMMON PUDDING

1 qt. persimmons	3 pints sweet milk
1 cup granulated sugar	2 tsp. soda
1 qt. flour	2 whole eggs
2 tbsp. melted butter	

Wash and stem persimmons. Mix them with milk and run through a food mill. Combine dry ingredients and add gradually to milk-persimmon mixture. Beat well. Add well beaten eggs and butter. Bake at 250 deg. in covered buttered crock for 2 hours or until pudding is rich, dark brown. Serve cold with plain or whipped cream.

Luna Taylor, Danbury HDC

PERSIMMON PUDDING

We have said that persimmon pudding, when properly made, was a dish fit to be set before Kings, but improperly made it was a dish with which to plague only devils. Here is "our" recipe:

1 qt. persimmons	Butter size of an egg
3 cups milk	Pinch of salt
3 cups flour	Spices to taste (easy on
$1\frac{1}{2}$ cups sugar	spices)
2 eggs	

Mix flour and sugar. Put persimmons through sieve. Mix milk with persimmons. Add flour, sugar and eggs. Bake in oven. That's all.

Now for goodness sake don't make it soupy. That's the devil's broth. Bake until firm, and cut in squares. Then if you do not want to eat it send it up. We'll take care of it.

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To remove excess fat, let fat rise to top of broth. Wrap several ice cubes in clean cheesecloth and move back and forth through fat which will congeal on cloth.

Here's a tip for gravy makers. Put salt in the fat before putting in the flour and the flour will not get lumpy.

There's no sticking if you sprinkle salt in the fat before you fry fish or potatoes. To add color to fried potatoes sprinkle with paprika while cooking.

FRIED CHICKEN

- | | |
|---------------------------------|-------------------------|
| 1 frying chicken, cut in pieces | 1 egg |
| $\frac{3}{4}$ cup milk | 3 tbsp. melted fat |
| 1 cup sifted flour | $\frac{1}{4}$ tsp. salt |
| 2 tsp. sugar | Fat for deep frying |

Steam chicken 20 to 25 minutes. Beat egg with milk and add melted fat, add sifted dry ingredients. Beat until smooth. Salt chicken and dip into batter. Fry in deep fat (heated to 365 deg. F.) until golden brown—about 7 to 10 minutes.

Mrs. Frank Robertson, Snow Hill HDC

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OLD FASHIONED CHICKEN PIE

- | | |
|--------------------------|------------------------------------|
| 1 5 or 6 lb. hen | 1/2 lb. butter or more if you like |
| Salt and pepper to taste | |

Take hen and cut up in usual way. Salt. Boil in enough water to cover until tender, but not enough to come off the bones. Take a deep baking dish or pan large enough to hold all the chicken and broth. Line with regular pie crust rolled to about 1/4 inch thickness. Stick well with fork and place in stove and brown. Place chicken in browned crust and cover with broth. Add most of butter and dash of pepper (be sure to use enough broth or pie will be too dry). Roll another crust about 1/8 inch thick and cut in cookie style with biscuit cutter and cover chicken and broth. Place in stove to brown; when slightly browned, remove from stove and grease crust with melted butter. Return to stove and finish browning. When you remove from stove, grease crust again with melted butter. Keep pie warm until ready to serve.

Mrs. Charles Tuttle, Forest Chapel HDC

Mrs. L. S. Morgan, Leak Memorial Club

Mrs. Robert W. Barr, King HDC

BAKED CHICKEN AND DRESSING

Boil chicken until tender, place in pan and add dressing:

- | | |
|-----------------------|----------------------------|
| 3 cups bread crumbs | 3 cups chicken broth |
| 3 boiled eggs | 1 tbsp. mayonnaise |
| 1/4 tsp. black pepper | 1/2 tsp. sausage seasoning |

Mix all ingredients in large bowl and mix thoroughly. Then stuff chicken and place around chicken. Sprinkle top with black pepper and butter and bake at 300 deg. F. about one-half hour.

Mrs. Sam Moran, Snow Hill HDC

BARBECUED CHICKEN

- | | |
|---------------------------------|---------------------|
| 3 1/2 cups cooked tomatoes | 1 tbsp. sugar |
| 1/2 cup water | 2 tsp. salt |
| Large onion chopped | 1 tsp. paprika |
| 1/4 cup lemon juice | 1 tsp. dry mustard |
| 2 tbsp. vinegar | 1 tsp. chili powder |
| 1 1/2 tsp. worcestershire sauce | 1/2 tsp. pepper |

Combine tomatoes, water, onion, lemon juice, vinegar and seasonings in medium size saucepan; simmer 20 minutes. For 3 broilers or fryers cut in quarters. Wipe chicken with damp cloth rub with butter, margarine or bacon drippings. Brown on both sides, place in large pan. Pour sauce over chicken, cover pan. Cook basting often with sauce 45 to 60 min. or until chicken is very tender.

Mrs. Rupert Hall, Capella HDC

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CHICKEN DRESSING

2 cups stale bread	1 cup corn bread
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ tsp. salt
$\frac{1}{8}$ tsp. pepper	$\frac{1}{8}$ cup celery, sage if
$\frac{1}{2}$ small onion	desired

Mrs. P. E. Parsons, Leak Memorial HDC

TURKEY OR CHICKEN DRESSING

Cook until well done the following: 1 bunch celery, chopped (leaves included), 1 or 2 onions, 2 Bay leaves, 1 tsp. Thyme, 1 tsp. poultry seasoning. Add to 1 loaf toasted bread (may use part white and part whole wheat) and 2 cups cornbread crumbs. Soften with broth. Add 3 or 4 eggs. Bake in 2 or 3 inch pan until brown.

Mrs. M. D. Webb, Pine Hall HDC

OYSTER STUFFING FOR POULTRY

3 doz. oysters	1 qt. dry bread, cubed
3 tbsp. butter	1 tbsp. parsley
2 tbsp. sage	1 sprig Thyme
1 bay leaf	1 onion, minced

Salt and Pepper to taste

Drain the oysters, saving liquid. Moisten bread crumbs with hot water until just damp (not soggy). Melt butter in frying pan and add chopped onion together with liver and gizzard of the fowl, which is chopped fine. As they begin to brown, add chopped herbs, then add the bread which has been mixed well and seasoned with the sage. Mix well. Now add oyster's liquid, and as it is reduced mix in the oysters. Stir for 3 or 4 minutes, remove from heat and dress the fowl. Excellent for 15 or 16 lb. turkey.

Mrs. J. E. Haley, Francisco HDC

MEAT LOAF DE LUXE

1 lb. hamburger	1 egg
$1\frac{1}{2}$ cups bread crumbs	$2\frac{1}{2}$ lbs. potatoes, cooked
$\frac{1}{2}$ cup milk	and mashed
1 lb. ground pork	

Mix meat and other ingredients. Form mashed potatoes into a roll on baking sheet and press meat around roll. Bake in moderate oven 350 deg. F. for 30 minutes.

Mrs. Paul Holt, State Line HDC

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CHICKEN SOUFFLE

- | | | | |
|----|--------------------|---|--------------------|
| 2 | tblsp. butter | 2 | tblsp. flour |
| 1½ | cups chicken stock | ¼ | tsp. pepper |
| ½ | tsp. salt | 1 | cup minced chicken |
| 3 | eggs | ½ | cup bread crumbs |

Blend flour and butter without browning. Add chicken stock and stir until boiling. Add salt, pepper, and bread crumbs. Cool. Add chicken and beaten egg yolks, then the stiffly beaten whites. Bake in greased pan in moderate oven about 30 min.

Mrs. Ernest Smith, King HDC

MEAT LOAF

- | | | | |
|---|------------------------|---|------------------------|
| ¼ | lb. ground fresh pork | ¼ | lb. ground cured ham |
| 1 | lb. ground round steak | 1 | cup bread crumbs |
| 1 | egg | 1 | cup milk |
| 1 | tsp. salt | 1 | tsp. poultry seasoning |

Combine ingredients and mix thoroughly. Shape into a loaf and place in uncovered baking dish. Bake at 375 deg. F. for 1 hour and 15 minutes.

Mrs. Gerna Bowman, Rosebud HDC

MEAT LOAF

- | | | | |
|---|--|--|---------------------------|
| ¾ | lb. ground round steak or good stew beef | | |
| ¼ | lb. pork | | Salt and pepper, to taste |

Add to 3 slices of bread all the sweet milk it will soak up. Add 1 beaten egg to bread and mix lightly but well with meat. Form a loaf and place in greased pan. Slice onion and green pepper on and round meat. Pour 1 can of Campbell's tomato soup (diluted with water) over loaf. Cook about 45 min. in moderate oven. Use gravy (which is left in baking dish) over sliced loaf. Serves 6.

Nancy H. Calloway, King HDC

SUPPER LOAF

- | | | | |
|---|---------------------------|---|---------------------------|
| 4 | cups cooked ham, cut fine | 4 | hard cooked eggs, chopped |
| ½ | cup cream | 2 | tblsp. mayonnaise |
| ½ | tsp. salt | | Dash pepper |

Mix ham with cream. Pack half of this mixture into a loaf pan. Put in eggs mixed with mayonnaise and seasoning. Press down. Add remainder of ham. Press firmly into pan. Chill for several hours. Turn out on a platter. Garnish with radish roses or carrot strips and water cress.

Mrs. Tom Simmons, State Line HDC

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BAKED MEAT LOAF

(Yield 6-8 servings)

$\frac{3}{4}$ lb. chopped beef	$\frac{3}{4}$ lb. chopped pork
$\frac{1}{2}$ cup granulated rice cereal	1 egg
$\frac{1}{4}$ cup finely diced onion	$\frac{1}{4}$ cup finely diced green pepper
$1\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ tsp. pepper
$\frac{1}{2}$ tsp. chili powder	1 tsp. sugar
$\frac{3}{4}$ cup tomato sauce	

Place all ingredients in large mixing bowl. Mix thoroughly with hands or large fork. Place in greased loaf pan, about 8x4x3 inches, making sure there are no air spaces. Bake in moderate oven (350 deg. F.) until meat is done, about $1\frac{1}{4}$ hours. Serve hot or chill and turn out on platter to slice cold.

Mrs. J. I. Moore, Walnut Cove HDC

HAM LOAF

$\frac{1}{2}$ cup brown sugar	1 cup milk
2 slices canned pineapple	$\frac{1}{4}$ cup minced onion
1 pound ham, ground	$\frac{1}{4}$ cup minced celery
$\frac{1}{2}$ pound pork, ground	$\frac{1}{2}$ tsp. salt
1 cup fine bread crumbs	$\frac{1}{4}$ tsp. pepper
1 egg, unbeaten	

Spread brown sugar in bottom of greased 9x5x3 inch loaf pan. Arrange pineapple slices on brown sugar.

Mix ham, pork, bread crumbs, eggs, milk, onion, celery, salt and pepper. Pack meat mixture firmly in loaf pan over pineapple slices.

Bake in oven 350 deg. F. for $1\frac{1}{2}$ -2 hours.

Mrs. I. R. Burroughs, Walnut Cove Club

HAM LOAF

2 cups ground ham (raw or cooked (1 lb.))	1 tbsp. minced onion
2 cups ground pork, beef or veal (1 lb.)	1 egg, beaten
2 tbsp. chopped green peppers	1 cup milk
	1 cup bread crumbs
	Salt and pepper to taste

Combine all ingredients in order listed. Blend thoroughly and shape into loaf. Fit into greased bread pan. Bake in moderate oven until done, for about $\frac{1}{4}$ to $1\frac{1}{4}$ hours. Slice and serve hot with tomato sauce, or serve cold.

Mrs. D. B. Young, North View HDC

MEAT LOAF

1 lb. ground beef	1/2 lb. sausage
1/2 cup tomatoes	1/2 cup whole milk
1/4 tsp. pepper	2 eggs
2 cups cornflakes	

Mix all ingredients. Place in greased baking dish and bake 20 to 30 minutes at 450 deg. F.

Mrs. Vestal Kiser, King HDC

GROUND BEEF CASSEROLE

Saute until golden brown 1 onion, 1 green pepper, and 1 stalk celery, chopped, in 4 tbsp. butter. Remove from pan and heat 1 pound ground beef until color changes. Add to 1 8-oz. box cooked spaghetti, 1 can cream of mushroom soup diluted with 1 can water, 1/2 lb. cheese cut in rather large pieces, and salt and pepper to taste. Bake in buttered casserole covered with cracker crumbs and dots of butter at 350 deg. F. for 1 hour.

Mr. Barlow Bowles, Danbury HDC

Mrs. Elmer Petree, Danbury HDC

LIVER MUSH

Cook hog's head, liver and lights. Cool and mash with hands or grind with food chopper. Add sage, salt and pepper to taste. Mix well and shape in desired container ready to chill and serve.

Mrs. J. I. Moore, Walnut Cove HDC

HOG HEAD SOUSE MEAT

1 hog head

4 hog feet

Cook tender so it can be mashed with hand. Add 1/2 tsp. black pepper, 1 tbsp. sage. Work together and place in refrigerator and slice as needed.

Take 1 egg, 1 cup buttermilk, 1/2 tsp. soda, 1/4 tsp. salt, mix together and add enough flour to make thick batter. Dip the slice of meat into batter and fry in fat until brown.

Mrs. Frank Robertson, Snow Hill HDC

BAKED PORK CHOPS

Brown 6 pork chops on both sides in heavy skillet. Drain off fat. Season with salt and pepper. Put chops into baking dish and pour 1 can cream of mushroom soup over chops and cook. Bake in slow oven until tender.

Mrs. S. R. Gibson, Pine Hall HDC

BREAKFAST SAUSAGE

Make as many two-inch patties as needed. Place in pan so they will cook very slowly. Take firm apples, core and slice the peel from each end, but do not peel. Cut in three or four slices and fry with the sausage, or in a separate pan, in some of the sausage gravy, turn carefully when brown and brown on the other side. Place sausage in center of platter and lay apples around the sausage. Allow two or three slices of apple to each pattie. Put a half teaspoon of brown sugar on slice of apple.

Mrs. G. W. Priddy, Forest Chapel HDC

PORK CHOP DELIGHT

6 Pork chops	$\frac{1}{2}$ cup water
1 onion	1 tsp. brown sugar
$\frac{3}{4}$ cup tomato catsup	

Brown seasoned chops in a heavy skillet. Top each browned chop with a thin slice of onion. Sprinkle brown sugar over top. Add water and catsup. Cover and cook for 30 minutes.

Mrs. Betty Mooney, Sandy Ridge Home Ec. Teacher

BARBECUED RIBS

1 tbsp. celery seed	1 tbsp. chili powder
$\frac{1}{4}$ cup brown sugar	1 tbsp. salt
1 tsp. paprika	3 lbs. ribs
1 cup tomato sauce	$\frac{1}{4}$ cup vinegar

Combine celery seed, chili powder, salt and paprika. Rub about $\frac{1}{3}$ mixture on ribs. To remaining mixture, add tomato sauce and vinegar. Heat and use to baste ribs. Cook ribs over low heat until tender, basting frequently with the barbece sauce.

Mrs. Al Wall, Snow Hill HDC

BARBECUED SPARERIBS

3-4 lbs. ribs	1 tsp. chili powder
1 lemon	1 tsp. salt
1 large onion	2 dashes tobasco sauce
1 cup catsup	2 cups water
$\frac{1}{3}$ cup worcestershire sauce	

Place ribs in shallow roasting pan, meaty side up. On each piece place a slice of unpeeled lemon, a thin slice of onion. Roast in hot oven (450 deg. F.) for 30 minutes. Combine remaining ingredients. Bring to boiling and pour over ribs. Continue baking in moderate oven (350 deg. F.) until tender about 45 min. to 1 hr. Baste ribs with sauce every 15 minutes. If sauce gets too thick, add more water.

Mrs. Rupert Hall, Capella HDC

POTATOES AND CHOPS

3	tblsp. butter	1½	tsp. salt
2½	cups sweet milk	6	thickly cut lean pork
3	cupsful raw potatoes		chops
3	tblsp. flour		

To make sauce—melt 3 tblsp. butter, stir in until blended 3 tblsp. flour. Cook and stir 2½ cups sweet milk. Season with 1½ tsp. salt. Cook the sauce over low heat until it is smooth and begins to boil. Slice thin 3 cups raw potatoes. Grease baking dish and fill in layers of potatoes and sauce. Arrange 6 thick lean chops on top of potatoes and sprinkle salt and pepper over chops.

If the potatoes are not covered with sauce a little milk may be added, but keep sauce within ½ inch from top. Do not cover chops with sauce. Bake in 325 deg. F. oven for about 2 hours.

Mrs. Zeb Hall, Sr., King HDC

TENDERLOIN MERRY-GO-ROUND

1½	cups grits	1	tsp. salt
2	cups water	2	cups milk

Add the salt to the liquid and bring to a rolling boil. Pour in the grits slowly and stir until they are well mixed with the liquid. Cook in a double boiler for 30 minutes. Pour into a greased ring mold and cool. Unmold on a large platter and fill the center with the following:

4	cups cooked or canned	4	hard cooked eggs
	tenderloin (diced)	4	tblsp. chopped pimienta
2	cups hot milk	5	tblsp. flour
3	tblsp. butter	1	tsp. salt

Melt the butter, add the flour and blend. Add the milk gradually and mix until thick and glossy. Dice the egg whites and add them with the tenderloin and pimienta to the sauce. Fill the center of the ring of grits. Run egg yolks through a sieve and make a border of them at the base of the grits. Stick small springs of parsley around the top of the ring.

Mrs. J. I. Moore, Walnut Cove HDC

BOLOGNA BUN

½	lb. bologna	½	lb. sharp cheese
1	small onion	1	small sweet pickle

Chop or grind in food chopper. Add 2 tblsp. mustard, ¼ cup salad dressing. Spread on bun. Wrap bun in foil paper. Heat in oven 20 minutes at 325 deg. F.

Mrs. M. D. Webb, Pine Hall HDC

BRUNSWICK STEW

(Serves 25-30)

1 hen (5-6 lbs.)	5 lb. stew beef
2 lb. pork	1 gal. diced potatoes
2 gal. tomatoes	1 qt. lima beans (2-3 cans)
1 qt. corn (6-8 ears)	1/2 gal. onions
1/2 lb. butter	Salt and pepper to taste

Cook meat until tender. Add vegetables. Cook until thick. Add 1 bottle catsup.

Mrs. M. D. Webb, Pine Hall HDC

SWISS STEAK SUPREME

2 pounds round or chuck steak	1/2 tsp. pepper
1/2 cup flour	3 tbsp. fat
2 tsp. salt	2 cups canned tomatoes
	2 onions, chopped

Have steak cut 1/2 to 2 inches thick. Mix flour, salt and pepper, thoroughly pound into steak. Brown meat and onion in hot fat; add tomatoes, cover; cook over low heat or bake in moderate oven (350 deg. F.).

Mrs. A. G. Sisk, Danbury HDC

HOW TO COOK A GOOD STEAK

Get a steak that is branded for assured quality and that has at least a minimum degree of age. It can be T-bone, Porterhouse or Tenderloin, that is well marked with fat. Cut 1 1/2 to 2 inches thick. Preheat the broiler until it is very hot. Place the steak on a rack with the surface 3 inches from the heat source for a rare steak and 5 inches for a well-done steak. Broil 10 to 15 minutes. Season and turn. Continue broiling 10 to 15 minutes to desired degree of brownness. Season and serve on hot plates. Butter gives steak a good flavor.

Mrs. J. H. Robertson, Pine Hall HDC

HAMBURGER STEAK

1 lb. hamburger	1 cup bread crumbs
1 tsp. salt	1/8 tsp. pepper
1/2 tsp. dry mustard	1/4 cup catsup
1/2 cup milk	

Mix well all ingredients and with wet hands, shape mixture into 4 or 5 patties 3/4 inch thick. Place in frying pan with 3 tbsp. hot fat. Brown slowly on both sides.

Mrs. Wendell Keiger, King HDC

AUNT PRISCILLA'S BRUNSWICK STEW

2 lbs. veal	Butter beans in proportion
1 rabbit (if in season)	to meat
Irish potatoes	1 chicken
Tomatoes in proportion to	1 squirrel (if in season)
meat	Corn

Put on meat in 2 gallons of water. Boil until tender. Take out and cut in cubes, being sure no bones are left in kettle. Return to kettle and add tomatoes. Cook an hour and add butter beans and potatoes cubed. Half hour before done, add corn. Cook about four hours. When done, season with $\frac{1}{2}$ lb. butter, salt, red pepper. Thicken with mixed flour and water. This serves 48 people.

Mrs. D. C. Kirby, Danbury HDC

BARBECUED FRANKFURTERS

1 medium sized onion, chopped	1 tsp. paprika
3 tbsp. salad oil (scant)	$\frac{1}{2}$ cup catsup
1 tbsp. sugar	$\frac{1}{2}$ cup water
1 level tsp. dry mustard	$\frac{1}{4}$ cup vinegar
$\frac{1}{4}$ tsp. salt	1 tsp. Worcestershire Sauce
Dash of pepper	12 frankfurters

Lightly brown onion in oil, add combined remaining ingredients. Simmer 10 minutes. Split frankfurters, place in shallow glass dish. Pour over barbecue sauce. Bake in moderate oven about 20 minutes, basting several times.

Mrs. Elmer Petree, Danbury HDC

FRIED SHRIMP

2 5-oz. cans of shrimp or	1 cup shortening for frying
1 12-oz. pkg. frozen shrimp	$\frac{1}{2}$ cup sifted flour
or	$\frac{1}{2}$ to 1 tsp. salt
1 lb. fresh shrimp	1 tsp. baking powder
1 egg, beaten	$\frac{1}{2}$ cup water
$\frac{1}{2}$ tsp. Worcestershire Sauce	Dash paprika
$\frac{1}{8}$ tsp. mustard	$\frac{1}{8}$ tsp. cayenne

Clean shrimp. Sift flour, salt and baking powder. Combine egg and water; stir into flour until smooth. Add seasonings. Melt shortening in saucepan and heat to 375 deg. F. Dip shrimp in batter, lift out with fork to drain off excess batter. Fry about 3 minutes, or until golden brown.

Mrs. J. E. Haley, Francisco, N. C.

SALMON LOAF

- | | |
|------------------------|-------------------------------|
| 2 cups salmon | 1 cup ground bread crumbs |
| 1/2 cup ground peanuts | 1 cup milk |
| 1 tbsp. chopped onion | 1/2 cup green pepper, chopped |
| 2 eggs, beaten | Salt and pepper |

Mix thoroughly with fork and bake in a loaf pan, which is set in a pan of water. Bake in a moderate oven 350 deg. F. about one hour or until firm.

Mrs. J. B. Young, Jr., North View HDC

HAMBURGER STEAKS

- | | |
|--------------------------|---------------------------|
| 1 1/4 lbs. raw hamburger | 3 drops Worcestershire |
| 1/4 tsp. pepper | Sauce |
| 1/2 cup catsup | 1/2 cup minced onion |
| 3/4 tsp. salt | 1/2 tsp. prepared mustard |

Combine all ingredients and spread one-half inch thick on halves of hamburger buns. Spread to the edge to keep bun from burning. Broil for about 8 minutes or to desired doneness. Makes 8 to 12 servings. Good to serve for a quick lunch or outdoor meals.

Mrs. I. G. Ross, Walnut Cove HDC

BAKED FISH

- | | |
|--------------------|------------------|
| 1 pkg. frozen fish | Sweet milk |
| Cracker crumbs | 1/4 tbsp. butter |

Thaw fish, dip in sweet milk and roll in cracker crumbs. Put in well buttered pan and pour melted butter over top. Squeeze 1 lemon over top, if desired.

Mrs. Betty Bolejack, Poplar Springs, HDC

ITALIAN SPAGHETTI

- | | |
|---------------------|------------------------|
| 1/2 lb. butter | 1 lb. ground steak |
| 3 cans tomato paste | 4 cans of water |
| 2-3 cans mushrooms | 1-2 garlic buds minced |

Brown onions in butter, when golden brown, add ground steak, when that is brown, add tomato paste and water; garlic, mushrooms and 2-3 tbsp. juice, salt and pepper.

Cover and simmer one hour without stirring.

Cook a large package of spaghetti in salted water until tender. Drain and place on large platter. Cover center with above sauce.

Luna Taylor, Danbury HDC

PIGS IN A BLANKET

Select large oysters and drain. Use thin slices of fat bacon. Wrap each oyster in a slice of bacon and fasten with a toothpick. Heat a frying pan, put in the pigs and fry until bacon is brown and crisp.

Mrs. D. C. Kirby, Danbury HDC

ORIENTAL SHRIMP

1/4 cup finely chopped	1 tsp. salt
onions, browned in butter	1 tsp. sugar
Add 3 tbsp. flour	1/8 tsp. ginger
1 1/4 tsp. curry powder	1/2 cup chicken broth

Add one cup of milk or cream, add 1 tsp. lemon juice after mixture thickens and then add 2 cups cooked shrimp and serve over hot fluffy rice.

Mrs. Walter Petree, Danbury HDC

FRIED OYSTERS

24 large shucked oysters	1/8 tsp. pepper
2 eggs	2 tbsp. cold water
1/2 tsp. salt	1 cup fine cracker crumbs

Drain oysters. Beat eggs with seasoning, add water and mix. Dip oysters into egg mixture; then into crumbs. Let stand 5 minutes before frying. Fry in hot deep fat (375-380 deg. F.) until golden brown. Serve at once. Serves 4.

Mrs. W. J. Blackwell, Pine Hall Club

CHOW MEIN

2 cups celery strips	2 tbsp. molasses
2 cups broth	1 tsp. salt
2 cups onion half rings	1 2-ounce can sliced
2 cups thin strips of cooked	mushrooms, if desired
chicken, veal or pork	3 tbsp. flour
1 tsp. Worcestershire Sauce	1/2 tsp. celery salt
1 tbsp. soy sauce	1 tsp. lemon juice
1/2 tsp. ginger	

Dice celery and simmer in broth for 8 to 10 minutes. Add onions, meat, Worcestershire sauce, soy sauce, celery salt, ginger, molasses, salt and mushrooms. Simmer together for 15 minutes. Make a smooth paste of the flour with one-fourth cup cold water. Add to meat mixture. Stir until thickened. Just before serving, add lemon juice. Serve with crisp Chinese noodles or fluffy rice. Serves 6.

Mrs. W. J. Blackwell, Pine Hall Club

PASTRIES!



PASTRIES

A graham cracker pie shell, or other crumb pie shell, will be more attractive if you firm it down into the plate by pressing a slightly smaller pie plate upon it. Rotate the smaller plate lightly before removing, so it will come up clean.

When cutting a pie with meringue topping, dip knife in warm or hot water and notice the clean cut it makes.

Thick wedges of apple pie are hard to beat, but try adding a little mince meat to the apples and serve with cheese on top.

Always cool filling to keep pie crust crisp. Your flakiest crust will go soggy if filled with a hot filling. Cool pie shell, too.

Rule for Meringue

2 tbsp. sugar (level)

1 egg white

Egg whites room temperature. Beat whites till they hold a peak. Now add sugar a little at a time, beating between each addition. The secret of good meringue is the beating of the sugar and beaten egg white. Beat the mixture for as long as you have spent beating the whites alone. It should be beaten till soft and rope-like rather than fluffy. Cool pie before putting on meringue or meringue will grow sirupy on bottom and skid when cut.

When ready to spread put meringue out to edges of pie till it touches crust. Heat even to 350 deg. F. Cook for 15 minutes.

In making juicy pies, to prevent the pastry from becoming soggy with juice, brush the crusts on inside with beaten egg.

In making two crust pies, to keep the crusts from separating when baking dampen the lower crust on the edge with water, then press edges together.

To brown the top of pie crusts and make it look lively, brush the top with milk or cream before baking. This applies to breads, puddings, etc. May sprinkle a little sugar over top also.

APPLE PIE

$\frac{3}{4}$ to 1 cup sugar	2 tbsp. flour
1 tsp. cinnamon	$\frac{1}{4}$ tsp. salt
4 to 5 cups apples, sliced thin	1 to 2 tbsp. lemon juice
3 tbsp. butter or margarine	

Prepare pastry and fit into a 9-inch pan. Combine sugar, flour, cinnamon and salt. Spread half of this mixture over pastry-lined pan. Add apples and sprinkle remainder of mixture of the apples. Sprinkle with lemon juice and dot with butter. Roll upper crust and place on top of apples. Prick top with fork. Bake on lower shelf in a hot oven (425 deg. F.) 30 to 40 minutes or in a moderate oven (375 deg. F.) for 1 hour.

Mrs. William Gentry, King HDC

Mrs. Jim Shelor, State Line

CREAM PIE

1 baked pie shell	$1\frac{2}{3}$ cups milk
$\frac{1}{2}$ cup sugar	$\frac{1}{8}$ tsp. salt
$\frac{5}{8}$ tbsp. flour or 2 tbsp. cornstarch	3 egg yolks
	$\frac{1}{2}$ tsp. vanilla

Scald milk. Place it over boiling water. Stir in sugar, flour, salt. Stir for 10 minutes. Pour part of this over egg yolks. Cook and stir for 2 minutes longer. Cool, add vanilla and pour into pastry shell. Top with meringue made with 3 egg whites. Put in slow oven to brown.

Chocolate Pie: Add $11\frac{1}{2}$ sqs. bitter chocolate, shaved fine, and 2 additional tbsp. sugar to milk in double boiler. Have chocolate completely melted and blended before adding eggs.

Cocoanut Pie: Add $\frac{3}{4}$ cup shredded cocoanut with vanilla after filling is cooked.

Mrs. Charles Taylor, Poplar Springs HDC

Mrs. Charlie Jefferson, State Line HDC

OLD FASHIONED APPLE PIE

4 cups sliced apples	$\frac{2}{3}$ cup granulated sugar
$\frac{1}{2}$ cup molasses	2 tbsp. butter
$\frac{1}{4}$ tsp. cloves	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{2}$ tsp. salt	

Line 9-inch pie plate with pastry. Fill pie shell with apples. Sprinkle with sugar and pour on molasses. Pat with butter and sprinkle with spices and $\frac{1}{2}$ cup boiling water. Adjust top crust. Bake in hot oven about 45 minutes.

Mrs. Vester Marshall, Reynolds HDC

CHOCOLATE CHIFFON PIE

- | | |
|--------------------------------------|--|
| 1. 1 $\frac{2}{3}$ cups water | 4. 4 egg whites |
| 1 $\frac{1}{2}$ cup granulated sugar | 1 $\frac{1}{4}$ cup granulated sugar |
| 1 $\frac{1}{2}$ tsp. salt | 1 $\frac{1}{4}$ cup granulated sugar |
| 2 oz. baking chocolate | 5. Baked pie shell |
| 2. 4 $\frac{1}{2}$ tsp. cornstarch | 1 cup whipped cream |
| 1 $\frac{1}{3}$ cup water | 1 $\frac{1}{4}$ cup chopped nut meats |
| 3. 1 $\frac{1}{2}$ tsp. vanilla | or |
| | 1 $\frac{1}{4}$ cup chopped peppermint stick candy |

1. Combine water, sugar and chocolate which has been broken into pieces. Heat slowly so that chocolate will dissolve.

When chocolate has dissolved, bring mix to boil, beating until smooth.

2. Dissolve cornstarch in water, add to #1 stirring constantly to keep smooth. Cook until thick and clear (approx. 10-15 minutes). Mix should be shiny and clear when thoroughly cooked.

3. Cut off heat. Add vanilla.

4. While #2 is cooking, combine egg whites with first sugar and beat together until stiff. Add second sugar gradually, beat just enough until this sugar is dissolved. Pour hot filling into the beaten egg whites and sugar. Fold together easily, but well.

5. Pour filling into baked 10" pie shell. Cool. Store in refrigerator until ready to serve. Spread whipped cream over top of pie and sprinkle with chopped nut meats or peppermint stick candy just before serving.

IMPORTANT: The cooked mix **must** be poured **WHILE HOT** into the beaten egg whites.

Mrs. Barlow Bowles, Danbury HDC

CHOCOLATE PIE

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|---------------------------|----------------------------|
| 4 cups whole milk | 3 $\frac{3}{4}$ cup flour |
| 5 tbsp. cocoa | 4 egg yolks |
| 1 $\frac{1}{4}$ tsp. salt | 1 $\frac{3}{4}$ cups sugar |
| 1 tsp. vanilla | |

Put egg yolks in top of double boiler. Add 3 $\frac{3}{4}$ cup sugar and mix, add milk. Place over boiling water and let get hot. Mix all dry ingredients. Stir in and let cook till thick. Add vanilla, put on baked pie shells and top with meringue. Let brown in oven. Makes 2 pies.

Mrs. Fred Marshall, Leak Memorial HDC

CHOCOLATE PIE

- | | |
|-------------------------|--------------------------------------|
| 4 eggs | 1 large can sweetened condensed milk |
| 1 cup sugar | |
| 1½ can water (milk can) | 1½ can chocolate syrup |
| 1½ cup flour | |

Mix dry ingredients. Mix liquids. Mix together thoroughly. Pour into unbaked pie crust. Bake in oven 375 deg. F. Save 3 egg whites out of pie recipe for top of pie. Add 1 tbsp. sugar to each egg white and beat until stiff. Put on baked pie and brown.

Mrs. Paul Moser, King HDC

HOT WATER CHOCOLATE PIE

- | | |
|---------------------|----------------------------|
| 1 cup sugar | 2 eggs |
| 5 tbsp. cocoa | 1 tsp. vanilla |
| 1 cup boiling water | Dash salt |
| 2 tbsp. butter | 2 tbsp. sugar for meringue |
| 2 tbsp. flour | |

Mix dry ingredients. Add water, then egg yolks, well beaten. Cook over low heat, stirring constantly until mixture thickens. Stir in butter and vanilla.

Pour mixture into previously baked crust, and cover with meringue made with the two egg whites. Brown in the oven and pie is ready to serve. This recipe gives you a product much richer in color and smoother in texture than one made with milk. Try it some day when your milk supply runs low.

Mrs. Paul Lewis, King HDC

BUTTERSCOTCH PIE

- | | |
|----------------------|---------------------|
| 2 cups milk, scalded | 1¼ cups brown sugar |
| ⅓ cup flour | ½ tsp. salt |
| 3 eggs, separated | 2 tbsp. butter |
| ½ tsp. vanilla | |

Heat milk to scalding. Blend sugar, flour and salt. Add milk to dry ingredients and cook for 15 minutes, stirring occasionally. Separate the eggs and beat yolks. Add the hot custard mixture gradually to egg yolks, and stir until well blended. Pour back into saucepan and cook 3 minutes, stirring to keep ingredients well blended. Remove from fire. Add butter and vanilla. Cool, pour into a baked pie shell. Cover with meringue.

Mrs. Gerna Bowman, Rosebud HDC

CREAM PIE

- | | |
|----------------------------|-------------------------|
| $\frac{3}{4}$ cup sugar | $\frac{1}{3}$ cup flour |
| $\frac{1}{8}$ tsp. salt | 2 cups milk, scalded |
| $\frac{1}{2}$ tsp. vanilla | 2 tbsp. butter |
| 2 eggs, well beaten | |

Combine butter, sugar, salt, flour and eggs. Add milk slowly, stirring constantly. Cook over hot water until thick and smooth. Add flavoring. Pour into baked pastry shell. Cool. Serve with whipped cream. If desired, cover pie with meringue. Bake in slow oven 325 deg. F. 20 minutes.

Mrs. Bob Smith, Rosebud HDC

COCOANUT CREAM PIE

- | | |
|--------------------------------|-------------------------|
| $\frac{1}{3}$ cup sifted flour | $\frac{1}{2}$ cup sugar |
| $\frac{1}{8}$ tsp. salt | 2 cups milk, scalded |
| 1 cup cocoanut | 1 tsp. vanilla |
| 2 egg yolks, well beaten | |

Combine flour, sugar and salt. Add milk, cook in double boiler until thickened, stirring constantly. Pour a small amount of mixture over egg yolks, stirring vigorously. Return egg mixture to double boiler and cook 10 minutes longer. Add cocoanut and vanilla. Pour into baked pie shell.

Mrs. Rex Tilley, K-Fork HDC

CHERRY PIE

- | | |
|--------------------------------|-------------------------|
| 1 double crust — 9-inch | 3 cups sour cherries |
| 1 to $1\frac{1}{2}$ cups sugar | $\frac{1}{8}$ tsp. salt |
| $\frac{1}{4}$ cup flour | 1 tbsp. butter, melted |

Combine ingredients. Place one-half the pastry in a 9-inch pan and cut 1 inch larger than pan. Fill with cherry mixture. Turn edge of lower pastry over and fasten over top pastry. Bake in hot oven (475 deg. F.).

Mrs. Dena Rogers, K-Fork HDC

PINEAPPLE CHIFFON PIE

- | | |
|-------------------------|-------------------------|
| 1 cup sugar | 1 tbsp. lemon juice |
| 6 tbsp. flour | 2 egg whites |
| $\frac{1}{8}$ tsp. salt | $\frac{1}{2}$ cup water |

Stir together sugar, flour, salt, pineapple and water. Cook over hot water at least 15 minutes. Cool. Add lemon juice and fold in beaten egg whites. Turn into baked pie shell. When ready to serve, spread with a thin layer of whipped cream and sprinkle with nuts.

MERINGUE

- | | |
|--------------------------|---------------|
| 2 egg whites | 4 tbsp. sugar |
| 1/4 tsp. cream of tartar | |

Add cream of tartar to egg whites. Beat until almost stiff enough to hold a peak. Add sugar gradually beating until stiff, but not dry. Pile lightly on filled pie. Bake in slow oven (325 deg. F.) 15 minutes or until lightly browned. Cool slowly to prevent moisture on top.

Mrs. Ivan Stephens, Danbury HDC

CARROT CUSTARD

- | | |
|----------------------------|---------------------|
| 1 1/2 cups cooked carrots, | 1 cup sugar |
| mashed fine | 2 eggs, well beaten |
| 1 tsp. spices | Pinch salt |

Bake in open crust. Top with whipped cream or with meringue.

Mrs. Johnnie Frye, Snow Hill HDC

BUTTERSCOTCH PIE

- | | |
|---------------------|--------------------|
| 1 cup brown sugar | 3 tbsp. shortening |
| 4 tbsp. cream | |
| Mix and brown. Add: | |
| 1 egg yolk | 1 tsp. vanilla |
| 7 level tbsp. flour | 1 cup milk |

Cook in double boiler until thick.

Mrs. Odell Ferguson, Capella HDC

BROWN SUGAR PIE

- | | |
|---------------------|--------------------|
| 2 eggs, well beaten | 2 cups brown sugar |
| 2 tbsp. flour | 3/4 cups milk |
| 3 tbsp. butter | 1 tsp. vanilla |

Mix flour and sugar thoroughly. Add eggs, milk, melted butter and flavoring. Pour into unbaked pie shell. Bake in moderate oven about 50 minutes.

Mrs. J. R. Jones, Walnut Cove HDC

BROWN SUGAR PIE

- | | |
|-------------------|-----------------------|
| 1 cup brown sugar | Butter size of an egg |
| 1 egg | 1 tsp. vanilla |

Mix all ingredients and bake in uncooked pastry shell. Sprinkle cocoanut on top if desired.

Mrs. E. C. Roberts, Pine Hall HDC

CHESS PIE

1 cup brown sugar	2 eggs
$\frac{1}{2}$ cup sweet milk	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup cocoanut	1 cup granulated sugar
1 tbsp. butter	2 tbsp. flour
$\frac{1}{4}$ cup corn meal	1 tsp. vanilla

Cream sugar, flour, meal and butter together. Add beaten eggs and beat mixture. Add milk, salt, cocoanut and flavoring and mix well. Pour into unbaked pie crust and bake until firm.

Mrs. J. E. Haley, Francisco HDC

CHESS PIE OR TARTS

$\frac{1}{4}$ lb. butter	2 cups brown sugar
3 eggs	1 tsp. vanilla

Mix all ingredients together thoroughly and bake in unbaked pastry shells in tart or pie pans until brown and thick at about 350 deg. F.

Mrs. Elmer Boyles, King HDC

PASTRY

2 cups flour	$\frac{2}{3}$ cup fat
1 tsp. salt	4 to 6 tbsp. cold water

Sift flour, measure, add salt and sift again. Use pastry blender or two knives. Cut in half the shortening until mixture looks like coarse meal. Cut in remaining shortening coarsely or until particles are about the size of peas. Add water a little at a time until dough is moistened enough to form a ball when pressed together. Press together lightly with fingers. The less the dough is handled, the more tender and flaky the pastry will be. Roll out on lightly floured board or pastry cloth about $\frac{1}{8}$ -inch thick. Place in pan, fitting it loosely.

Mrs. William Gentry, King HDC

JELLY PIE

4 egg yolks	3 tbsp. blackberry jelly
$\frac{1}{2}$ cup butter (melted over slow fire)	1 cup milk or cream
	1 cup brown sugar

Mix jelly and sugar with the above ingredients, then flavor with vanilla. Makes two pies. Cover with meringue.

Mrs. Mabel Roberts, K-Fork HDC

BEGINNER'S LUCK PASTRY

Single Crust

1½ cups flour	½ tsp. salt
½ cup shortening	3 tbsp. water

Sift flour and salt together into a bowl. Take out ¼ cup flour and blend with water to form a paste. To remainder of flour in bowl, add shortening and cut in with two knives until fat is broken up into pieces the size of peas. Stir flour paste into the shortening-flour mixture to form a dough. Gather together into a ball and transfer to board.

Mrs. Johnnie Frye, Snow Hill HDC

PUMPKIN PIE

3 eggs	1½ cups cooked (or canned)
1 cup light brown sugar	pumpkin
½ tsp. salt	2 tsp. cinnamon
1 cup milk	1 tsp. ginger
	¾ cup cocoanut

Break eggs into mixing bowl, beat slightly, add pumpkin, sugar, cinnamon, ginger, and salt. Blend thoroughly. Add milk and cocoanut, blend again and pour into unbaked 9-inch pie shell.

Mrs. Jack Collins, State Line HDC

PECAN PIE

3 eggs	1 cup brown sugar
1 tbsp. butter	1 cup corn syrup
1 cup pecans	1 tsp. vanilla
¼ tsp. salt	

Cream butter and sugar, add syrup, well beaten eggs, salt and vanilla. When well mixed, add coarsly chopped pecans. Turn into pie plate lined with pastry. Bake in moderate oven 350 deg. F. about one-half to 1 hour or until firm.

Mrs. Paul Holt, State Line HDC

BUTTERMILK CUSTARD

1 cup buttermilk	2 eggs
1½ cups sugar	3 tbsp. flour
½ cup butter	Lemon extract

Pour in unbaked crust and bake in moderate oven.

Mrs. Mabel Roberts, K-Fork HDC

LEMON CHIFFON PIE

Soften 1 envelope unflavored gelatine in $\frac{1}{4}$ cup cold water. In top of boiler beat slightly 3 egg yolks. Add $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup lemon juice, $\frac{1}{2}$ tsp. salt. Cook over hot, not boiling, water, stirring constantly until of custard consistency. Remove from heat. Add softened gelatine. Stir until thoroughly dissolved. Add 1 tsp. grated lemon rind. Chill until slightly thicker than consistency of unbeaten egg white. Beat stiff 3 egg whites. Beat in $\frac{1}{2}$ cup sugar, gradually. Fold into gelatine mixture. Turn into 8-inch baked pie shell or pie plate lined with chocolate cookies. Top with cookie crumbs. Chill until firm.

Mrs. S. A. Perrell, Leak Memorial HDC

PUMPKIN PIE

(Makes 2 pies)

2 cups cooked and well	$\frac{3}{4}$ cup sweet milk
drained pumpkin	3 eggs
$2\frac{1}{4}$ cups sugar	

Mix and cook over low heat until it thickens, stirring occasionally. Pour into uncooked pie crust. Cover with cocoanut. Mix with fork 2 tablespoons butter, with enough equal parts sugar and flour to make it fine and crumbly. Sprinkle over cocoanut thick enough to almost cover the cocoanut. Cook in moderate oven until brown.

Mrs. L. S. Morgan, Leak Memorial HDC

LEMON PIE DIVINE

4 medium eggs	Juice and grated rind of
1 cup sugar	large lemon
Pastry shell, partly baked	1 tbsp. flour

Separate eggs. Beat yolks until very light, add $\frac{1}{2}$ cup sugar and 1 tbsp. flour, juice and grated rind of lemon. Cook over low flame until creamy and very thick. Cool. Beat egg whites until very stiff, add remaining $\frac{1}{2}$ cup sugar gradually. Leave half of whites for meringue and add other half to yolk mixture, folding gently. Fill pastry shell. Top with remaining whites and bake slowly in medium oven 20 min.

Mrs. Ben Sarter, Walnut Cove HDC

PEACH PARFAIT PIE

- | | |
|-------------------------------------|-------------------------------------|
| 1 pkg. strawberry jello | 1 $\frac{1}{4}$ cups hot water |
| 1 pint vanilla ice cream | 1 cup drained sweetened |
| 1 baked 8-inch pie shell,
cooled | peaches, sliced, fresh or
frozen |

Dissolve jello in hot water in 2-quart pan. Add ice cream by spoonful; stir till melted. Chill till thickened but not set—15-20 minutes. Fold in drained peaches, turn into pie shell, chill until firm—20-25 minutes.

Whipping cream and topping peach optional.

Mrs. Tom Simmons, State Line HDC

LEMON MERINGUE PIE

- | | |
|-------------------------------|---|
| 1 8-inch pie shell | 1 $\frac{1}{2}$ cups (15 oz. can) Eagle |
| $\frac{1}{2}$ cup lemon juice | Brand Sweetened |
| 2 eggs, separated | condensed milk |
| | 4 tbsp. sugar |

Blend condensed milk, lemon juice and egg yolks. Pour into pie shell. Beat egg whites until almost stiff enough to hold in peaks. Add sugar, gradually, beating until stiff but not dry. Pile lightly on filling. Bake in slow oven 15 minutes or until lightly browned.

Mrs. Albert Miller, Rosebud HDC

PICKLES, RELISHES & PRESERVES



The following was copied from the "Granite City Cookbook."

TO PRESERVE CHILDREN

Take one large, grassy field, one-half dozen children, two or three small dogs, a pinch of brook and some pebbles. Mix the children and dogs together and put them in the field, stirring constantly. Pour the brook over the pebbles, sprinkle the field with flowers. Spread over all a deep blue sky and bake in the hot sun. When brown, remove and set to cool in the bathtub.

Mrs. W. E. Steele, Sandy Ridge HDC

RELISHES, PICKLES, PRESERVES

When jelly making season arrives, lay a string across a glass of jelly before pouring the paraffin over it. When ready to use the jelly, just pull the ends of the string to remove paraffin.

To prevent a soft and slippery pickle, salt pickles, always keep the pickles well below the brine and the brine at a proper strength, thus preventing the growth of spoilage organisms.

SWEET PICKLES OR ELEVEN DAY PICKLES

Cut cucumbers fine if large. Place 3 gallons cucumbers in jar. Make brine of one pint of salt in boiling water. Leave in jar one week. Take out, cover with boiling water and let stand 24 hours. Take out and cover with boiling water with lump of alum size of walnut. Let stand 24 hours. Take out and cover with:

8 cups sugar
2½ quarts vinegar

½ box pickling spices

Heat this mixture to a boiling point and pour over pickles. Do this for four mornings. Does not require sealing air tight.

Mrs. Arch Tuttle, Capella HDC

CUCUMBER PICKLES

Select good, sound, uniform cucumbers of the type desired. Wash well. Use a half cup of salt to one gallon of water and soak cucumbers in this salt water over night. Be sure all cucumbers are well covered. Next day take ½ gallon cider vinegar, to which add one cup of sugar, half cup mustard and one tablespoon of salt. Drain the cucumbers from the salt brine, place in crock and pour vinegar brine over cold, covering completely all cucumbers, and they will keep in an open jar for years.

Mrs. Minnie O. Handy, Collinstown HDC

FRESH KOSHER STYLE DILL PICKLES

Select even sized 3" to 4" cucumbers—about 10 or 12 to a quart jar. Thoroughly wash before packing, place generous layer of fresh or dried dill weed, ½ to 1 clove of garlic (sliced), ½ tablespoon mustard seed in the bottom of the jar. When ½ filled with cukes, add layer of dill weed and complete packing jar. For 30 to 36 cukes, make brine of 3 cups vinegar, 3 cups water, 6 tbsp. salt. Heat to boiling point. Fill jar with hot brine. Seal and process 5 minutes in boiling water.

Mrs. Hazel Boles, Danbury HDC

GRAPE LEAF PICKLE

(for 1 quart)

Put 2 grape leaves and 2 grapes in bottom of can, then put your cucumbers in. Add 2 tsp. salt. Fill can with water and 2 more grapes, then 2 more leaves and seal.

Mrs. Margie Westmoreland, Poplar Springs HRC

8 DAY PICKLES

1 peck cucumbers, cut

First day: Soak in cold water.

Second day: Drain and put 2 cups of salt and pour water over them.

Third day: Drain and put 2 ounces alum and pour boiling water over them.

Fourth day: Drain water off and take 1 part of vinegar and 4 parts water and boil and pour over them, drain and heat every day until the 8th morn. Pack in jars and take 1 cup sugar and 1 cup vinegar, boil and pour over and seal. Place 2 tbsp. spice tied in cloth. Boil with vinegar and sugar.

Mrs. Glenn Dalton, State Line HDC

TWELVE DAY PICKLES

Place 1 peck medium cucumbers in stone jar and cover with brine made of 1 pint salt to 1 gallon boiling water. Let stand 1 week, then pour off brine. Cover with clear boiling water and add 1 tbsp. alum or $\frac{1}{2}$ cup of lime to every gallon water. Let stand 24 hours and pour off. Cover with clear boiling water, let stand 24 hours and pour off. Boil together 1 cup sugar to each quart vinegar. Pickling spices to taste. Have enough vinegar to cover pickles. Split or chunk cucumbers. Pour hot vinegar over cucumbers, let stand 24 hours and pour off. Boil same vinegar, adding 1 cup sugar to each quart vinegar. Pour over cucumbers, let stand 24 hours. Pour off. Boil same vinegar, adding 1 cup sugar to each quart vinegar. Pack pickles into hot sterilized jars. Pour hot vinegar to cover and seal immediately.

Mrs. Troy Ziglar, Sandy Ridge HDC

ICICLE PICKLES

2 gals. cucumbers, cut lengthwise

Dissolve 1 pint salt in 1 gallon boiling water and pour over cucumbers. Let stand one week. Stir every day. Then drain this off and cover with clear boiling water. Let stand 24 hours. Drain and pour over cucumbers 1 gallon boiling water with 2 tablespoons powdered alum. Let stand 24 hours. Drain this off and pour hot over pickles, 2 quarts vinegar, 8 pints white sugar. Reheat vinegar four mornings and pour over pickles. Can. Add spices if desired.

Mrs. Albert Miller, Rosebud HDC

Mrs. L. S. Morgan, Leak Memorial HDC

Alma S. Barr, King HDC

STUFFED PEPPERS

- | | |
|---------------------------|---------------------------------------|
| 2 doz. sweet bell peppers | 1 large cabbage head, finely shredded |
| 3 cups white vinegar | 2 tbsp. white mustard seed |
| 1/2 cup white sugar | 1/4 cup salt |
| 2 tbsp. celery seed | |
| 1 cup water | |

Select peppers of uniform size, cut off the top of the stem. Remove seed and white sections from peppers. Make a brine of one cup additional salt to one gallon of water. Place peppers into the brine. Let stand over night. Drain and soak in cold water one hour. Drain. Mix cabbage, salt, mustard, and celery seed and stuff peppers. Place stuffed peppers in sterilized jars and fill jars with the boiling vinegar, water and sugar solution. Process packed jars 10 minutes. Note: You may use plain vinegar if you wish and you do not have to process the jars 10 minutes unless you desire to do so.

Mrs. Barlow Bowles, Danbury HDC

UNCOOKED CHOW CHOW

- | | |
|-----------------------|---------------------|
| 1 medium head cabbage | 4 medium onions |
| 3 green peppers | 2 hot red peppers |
| 3 tbsp. salt | 2 tbsp. celery seed |
| 1 tbsp. mustard seed | 1 tbsp. tumeric |
| 2 1/2 cups vinegar | 1 lb. brown sugar |

Grind cabbage, onions and peppers together and allow to stand 30 minutes. Squeeze out excess water. Heat vinegar and sugar to boiling. Pack vegetable mixture into jars. Pour vinegar over to cover and seal.

Mrs. Blair Watkins, Cleo's HDC

Mrs. Troy Ziglar, Sandy Ridge HDC

GREEN TOMATO RELISH

- | | |
|-----------------------|--------------------------------|
| 12 green tomatoes | 2 tbsp. salt |
| 4 green sweet peppers | 4 cups cider vinegar |
| 2 red sweet peppers | 2 tbsp. celery seed |
| 3 large onions | 2 tbsp. tumeric |
| 1 cup flour | 1 9-ounce jar French's mustard |
| 5 cups sugar | |

Cut stems from the tomatoes. Cut peppers in half and remove seeds and membrane. Peel onions. Put tomatoes, peppers and onions through the food chopper.

Mix flour, sugar, salt, vinegar, celery seed, tumeric and mustard. Blend well. Add to tomato mixture and bring to boil. Simmer 10 minutes and pour hot into sterilized jars. Seal.

STRAWBERRY PRESERVES

3 cups berries

3 cups sugar

Bring to a slow boil and boil hard for fifteen minutes. Pour into an enamel pan and stir in with wooden spoon. Add one teaspoon vinegar. Cool, skim and pour into sterilized jars.

Mrs. Victor Phillips, Walnut Cove HDC

FIG PRESERVES

2 lbs. ripe figs

4 cups sugar

1 pint water

1 lemon

Peel figs carefully. Combine sugar and water and cook until sugar dissolves. Add lemon juice and figs and cook until clear. Remove the figs and boil the syrup until thick as honey. Add figs, cover and let stand 12 hours. Pour into hot jars and seal.

Mrs. C. G. Terry, Forest Chapel HDC

MINCE MEAT

5 cups ground, cooked meat

5 cups brown sugar

 $\frac{1}{2}$ cup vinegar

6 oranges

6 lemons

5 cups raisins

2 tbsp. allspice

2 tbsp. cinnamon

2 tbsp. cloves

Wash, cut and seed oranges and lemons. Grind in sausage mill. Mix all together. Heat thoroughly and seal. Stir often while heating to prevent sticking. Hog's head and feet, cooked tender, boned and ground is a good meat for this. Makes delicious pies.

Mrs. W. E. Steele, Sandy Ridge HDC

PEPPER RELISH

12 red sweet peppers

12 green sweet peppers

1 pod hot pepper

9 onions

1 cup sugar

1 tbsp. salt

2 cups vinegar

1 tbsp. mixed spices

Chop peppers and onions. Cover with boiling water. Let stand 5 minutes. Drain. Cover again with boiling water. Let stand 10 minutes. Drain. Add other ingredients. Tie spices in bag. Cook 15 minutes. Pack into jars. Peppers can be chopped real fine or ground.

Mrs. Lester Dalton, State Line HDC

CANNED STUFFED PEPPERS

Fix your cabbage just like you were making kraut and salt. Big pods of pepper are best to use. Stuff each pod with the cabbage and put in can, then fill can with water and seal.

Mrs. Margie Westmoreland, Poplar Springgs, HDC

TOMATO RELISH

- | | |
|------------------------|-----------------------------|
| 1 gallon ripe tomatoes | 3 onions |
| 1 pint vinegar | 2 strong peppers or more if |
| 2½ cups sugar | you like strong relish |
| A little salt | |

Cut tomatoes, onions and peppers into small pieces. Add vinegar, sugar, and salt. Cook until it is as thick as you like it.

Mrs. H. G. Johnson

RED PEPPER RELISH

- | | |
|----------------|--------------------|
| 12 red peppers | 12 green peppers |
| 14 onions | 2 cups brown sugar |
| 4 cups vinegar | 2 tbsp. salt |

Chop peppers, cover with boiling water, let stand 10 minutes. Drain and add chopped onion, sugar, salt and vinegar. Heat to boiling point and boil ten minutes.

Mrs. Lelia Blackwell, Pine Hall HDC

CHUNK SWEET PICKLES

75 cucumbers (4 or 5 inches) or 2 gallons small cucumbers

Make a brine using 2 cups salt to 1 gallon water. Boil and pour over pickles while boiling hot. Let stand 1 week. Skim daily. Then drain and cut cucumbers in chunks. For the next three mornings, make a boiling hot solution of 1 gallon water and 1 tablespoon powdered alum and pour over pickles. Make a fresh, hot solution each day. On the fourth day heat 6 cups vinegar, 5 cups sugar, ½ cup pickling spice and 1 tablespoon celery seed to boiling point. Pour over pickles. On the fifth day, drain the liquid off and add 2 more cups sugar. Heat to the boiling point and pour over pickles. On the sixth day, drain pickles again and add one cup of sugar to the liquid. Bring to a boil and pour over pickles which have been packed in sterilized jars. Seal while hot.

Mrs. Carroll Flippin, State Line HDC

Q U A N T I T Y R E C I P E S

FRUIT PUNCH FOR 50

1 cup water	1 cup tea infusion
2 cups fruit syrup (strawberry)	2 cups crushed pineapple
Ice water	2 cups sugar
1 qt. charged water	1 cup lemon juice
2 cups orange juice	1 cup maraschino cherries

Boil sugar and water five minutes; add tea, fruit syrup, lemon juice, orange juice and pineapple. Let stand 30 minutes. Strain and add ice water to make $1\frac{1}{2}$ gallons of liquid. Add cherries and charged water. Serve in punch bowl with large piece of ice.

S O U P S

VEGETABLE SOUP

(50 Servings)

10 to 12 lbs. soup bone and meat	$1\frac{1}{2}$ qts. diced potatoes
3 gal. cold water	1 qt. canned corn
1 gal. tomatoes	$\frac{1}{2}$ cup uncooked rice
2 cups chopped onions	3 cups shredded cabbage
3 cups diced carrots	6 tbsp. salt

Wash soup bone; cover with cold water and heat to simmering in a covered kettle. Cook at least 4 hours or until the meat is tender. Keep bone covered with water. Remove the soup bone from the broth, cut up the meat into small pieces, and return meat, bone and fat to broth; discard gristle. Add tomatoes, onions, carrots, potatoes, corn, rice, cabbage, and salt. Continue cooking for 45 minutes or until vegetables are tender. Remove bone and fat. Serve hot.

Note: Soup bone and meat may be cooked in a pressure cooker the same day as soup is served, or meat may be cooked in the afternoon before and kept in a refrigerator overnight.

S A L A D S

COMBINATION SALAD

(100 $\frac{3}{4}$ cup portions)

- | | |
|---------------------------|----------------------------------|
| 6 lbs. lettuce* | $\frac{1}{2}$ cup salt |
| 3 qts. celery, chopped | 1 qt. French dressing |
| 1 cup onion, chopped fine | 1 qt. green pepper, chopped fine |
| 2 qts. carrots, shredded | |
| 1 gal. tomatoes, cubed | |

Chill thoroughly all vegetables except onion. Shred lettuce and add other prepared vegetables. Just before serving, sprinkle salt over mixture, add dressing and toss lightly until well mixed. Serve immediately.

*As purchased, unprepared.

POTATO SALAD

(Makes 50 $\frac{3}{4}$ cup servings)

- | | |
|-------------------------|-----------------------|
| 3 gals. potatoes, diced | 18 eggs, hard-cooked |
| 6 cups celery | 3 small pimientos |
| 3 cups onion (grated) | 6 cups salad dressing |

Scrub potatoes well with vegetable brush and cook until tender. Cool, remove skins and dice. Cut the eggs, celery, and pimientos fine. Combine all ingredients, and mix well, with salad dressing. Let stand 20 minutes before serving.

COLE SLAW

(Makes 25 $\frac{1}{2}$ cup servings)

- | | |
|----------------------------|-------------------------------------|
| 5 lbs. cabbage, shredded | 2 cups mayonnaise or salad dressing |
| 3 green peppers, chopped | |
| 2 onions, chopped | $\frac{1}{2}$ cup vinegar |
| $1\frac{1}{4}$ tbsp. sugar | $1\frac{1}{4}$ tbsp. salt |
| $\frac{1}{2}$ tsp. pepper | |

Combine cabbage, green pepper, onion, sugar, salt and pepper. Mix salad dressing and vinegar and pour over cabbage mixture. Mix thoroughly.

RUSSIAN DRESSING

(Makes 2 $\frac{3}{4}$ qts.)

- | | |
|---|------------------------------------|
| $\frac{1}{2}$ gal. mayonnaise dressing | $\frac{3}{4}$ cup parsley, chopped |
| 1 pt. chili sauce | 2 tbsp. Worcestershire sauce |
| $\frac{3}{4}$ cup green pepper, chopped | 2 tbsp. vinegar |
| $\frac{1}{2}$ cup pimiento, chopped | 1 tsp. salt |
| $\frac{1}{4}$ tsp. pepper | |
| Combine. | |

MEAT LOAF

(Serves 50)

8	lbs. ground beef	1	qt. celery, chopped
3	qts. vegetable stock, tomato juice or milk	2	cups onions, chopped
11½	qts. oatmeal or soya grits	1½	qts. bread crumbs
6	tbsp. salt	1	cup salt
	Garlic, Thyme, to taste	½	cup bell pepper, chopped
1	lb. ground pork	12	eggs

Select one kind of meat or a mixture of two or more. Blend the vegetable stock, tomato juice, or milk with the meat. Add all ingredients to the meat and mix well. Mold into loaves. Bake uncovered in a moderate oven (350 deg. F.), until well done and brown 1¼ to 1½ hours. (Keep temperature low to avoid shrinkage.)

MACARONI AND CHEESE

(Serves 50)

5	lbs. (5 qts.) macaroni	20	qts. (5 gal.) boiling water
1	cup salt		
6	lbs. grated or cubed cheese	5	qts. white sauce (medium)

Cook macaroni in boiling salted water until tender, and drain. Add grated or cubed cheese to hot white sauce. Combine sauce and macaroni and pour into greased pans. Bake in a moderate oven (375 deg. F.) for 45 minutes. Note: Eggs and milk may be used in place of the white sauce. For each quart of milk use 2 to 3 eggs.

MEAT BISCUIT ROLL

(50 servings)

7	lbs. (5-6 qts.) beef, cooked, chopped or ground	½	cup parsley
½	cup butter or drippings	1	cup onions
	Salt and pepper to taste	6	cups thick cream sauce or brown gravy

Biscuits

20	cups or 5 lbs. flour	12	tbsp. (¾ cup) baking powder
4	tsp. salt	4	qts. brown gravy or sauce
7-8	cups milk		
2½	cups fat		

Cook the onions with the fat; combine meat, onions, parsley and sauce. Season to taste. Heat mixture. Make thick cream sauce (for 50: ¾ cups fat, 1¼ cups flour, 5 cups liquid). If brown

gravy, brown flour in fat. For biscuits: mix and sift dry ingredients. Cut in fat; combine with milk, knead lightly. Divide mixture into parts and roll into rectangles from $\frac{1}{3}$ " to $\frac{1}{4}$ " thick. Spread with meat mixture and roll up as for a jelly roll. Cut in slices about $\frac{3}{4}$ " thick, place on greased pans. Bake. Serve with brown gravy or tomato sauce.

Variations:

1. Other cooked meats as veal, lamb, liver, pork or a combination of them may be used.
Tuna, celery, peas, and pimienta may be substituted.
Serve with cheese sauce.

CHILI

8	lbs. hamburger	$\frac{1}{2}$	gal. beef broth
$1\frac{1}{2}$	lbs. ground suet	$\frac{1}{2}$	lb. onion, chopped
2	No. 2 cans kidney beans	2	green peppers, chopped
1	No. 10 can tomatoes		Salt, pepper, chili powder
	Sugar		

Brown meat in suet. Add onions and green pepper. Cook, stirring frequently until brown. Add beans, tomatoes, and broth. Mix thoroughly. Season to taste. Simmer until the flavors are well blended. A small amount of thickennig may be added if the chili is too thin. Makes 50 1-cup servings.

Mrs. Betty Mooney, Sandy Ridge Home Economics Teacher

CREAMED PEAS

10	#2 cans or 2 #10 cans	$2\frac{1}{2}$	qts. med. white sauce,
	peas		well seasoned

Drain peas and use liquid as part of liquid for white sauce. To make this amount of sauce, blend $1\frac{1}{4}$ cups butter, melted with $1\frac{1}{4}$ cups flour, and add $2\frac{1}{2}$ qts. milk and liquid from peas, stirring constantly until thickened. One-fourth cup finely minced onion may be added to the sauce.

CANNED GREEN BEANS

(50 servings)

10	qts. green beans, canned	4	tsp. salt
$\frac{2}{3}$	lb. meat		

Cook meat in small amount of water for about an hour. Add beans, their canned liquid, and salt, and cook until liquid is almost gone. Serve hot.

SCALLOPED SALMON

10 1-lb. cans salmon, flaked	1 1/2 cups melted butter
3 qts. broken bread pieces	2 cups all purpose flour
4 qts. milk	Salt, pepper
1 cup chili sauce	1 cup buttered bread crumbs

Combine butter and flour. Add milk slowly; stirring constantly. Cook slowly, until mixture thickens. Add chili sauce; add bread pieces. Fill well oiled baking dishes with alternate layers of salmon and white sauce mixture. Season each layer. Cover with crumbs. Bake in hot oven until brown. Servings: 50 1/2-cup servings.

Mrs. Betty Mooney, Sandy Ridge Home Economics Teacher

CANDIED SWEET POTATOES

(50 servings)

25 sweet potatoes, med. sized	1 qt. corn syrup
2 cups sugar	2 tsp. salt
Table fat	

Boil washed potatoes in their skins until tender. Drain, remove skins, cut potatoes in halves or slices. Make a sirup by boiling the corn syrup, sugar, salt, and fat for 5 minutes. Put a layer of potatoes in greased baking pans, and pour the sirup over them. Bake in a moderate oven until sweet potatoes are lightly browned. Or cook sweet potatoes over low heat on top of the stove. Turn them and watch closely to prevent scorching.

MASHED POTATOES

(50 servings)

15 lbs. potatoes*	1/8 cup salt
1 qt. milk (hot)	1 cup butter, melted

Peel potatoes, remove blemishes. Boil or steam until tender. Drain. Mash potatoes in mixer at low speed until smooth. Gradually add milk, salt and butter, beating at low speed. Mix at high speed until well blended, and potatoes are light and fluffy.

*As purchased, unprepared.

HARVARD BEETS

(50 servings)

100 med. sized beets, diced	4	tsp. salt
3 cups sugar	2½	cups vinegar
8 tbsp. flour	4	cups water
1 cup butter		

Boil beets until tender. Mix sugar, flour, and salt, add vinegar and water. Cook until thick. Add butter. Remove skins from beets and dice. Pour vinegar mixture over beets. Reheat over hot water. Serve hot.

GLAZED CARROTS

2 gal. diced carrots	1 cup butter
1 cup sugar	

Cook carrots in boiling salted water (1 tsp. per qt.) until tender. Drain. Combine butter and sugar. Add carrots. Cook slowly until glazed. Serving: ½ cup, 64 servings.

Mrs. Betty Mooney, Sandy Ridge Home Economics Teacher

B R E A D S**BUTTERMILK BISCUITS**

Yield: 100 biscuits

3½ qts. flour	2	tbsp. salt
5	tbsp. baking powder	1¼ cups shortening
3½	tsp. soda	4 cups buttermilk

Sift dry ingredients together. Cut the fat in with pastry blender. Add the buttermilk and mix quickly. Roll out on a floured board, cut into biscuits, and bake immediately in a hot oven (425 deg. F.) for 12 to 15 minutes or until lightly browned.

CORN BREAD

Yield: 50 3-inch squares

12 cups corn meal	¾ cup fat, melted
2 tbsp. salt	5 eggs, beaten
2 tbsp. soda	12 cups buttermilk
2 tbsp. baking powder	

Mix the corn meal, salt, soda and baking powder together thoroughly. Mix the melted fat, eggs and buttermilk and add to the corn meal. Mix well. Pour into a greased baking pan and bake in a moderate oven (350 deg. F.) for 25 to 30 minutes. Cut into 3-inch squares.

ROLLS

Yield: 100 rolls

- | | | | |
|----|-------------------------------|---|----------------|
| 4 | cakes yeast (2 oz.) | 1 | cup sugar |
| 1 | qt. milk or lukewarm
water | 1 | cup shortening |
| 3½ | qts. flour, sifted | 1 | tbsp. salt |

Dissolve the yeast in the lukewarm milk or water. Mix the salt, sugar and shortening. Add the lukewarm milk in which the yeast was dissolved. Add the sifted flour and mix well. Turn the dough onto a floured board and knead it until it is smooth. Place the dough in a greased pan or bowl and allow it to rise for 1½ hours. Fold the dough over and allow it to rise for 15 minutes longer. Cut or knead the rolls into shape. Place the rolls in greased baking pans. Allow the rolls to rise in a warm place until they have doubled in size. Bake in a hot oven (425 deg. F.) for 15 to 20 minutes. When the rolls come from the oven, brush the tops with melted butter. Serve.

DESSERTS

GINGERBREAD

(50 servings)

2 cups sugar	$\frac{3}{4}$ cup shortening
4 eggs	2 cups milk
2 cups molasses	$1\frac{1}{4}$ qts. flour
$\frac{1}{2}$ tsp. salt	4 tsp. ginger
4 tsp. cinnamon	4 tsp. soda

Cream together shortening and sugar. Add beaten eggs. Sift flour, then measure. Resift into mixing bowl with other dry ingredients. Alternately combine dry ingredients with mixture of molasses and milk. Pour into well-oiled shallow pan. Bake in moderate oven (350 deg. F.) for 30-45 min. Cut into 2-inch squares.

FRUIT COBBLER

(50 servings)

3 qts. fruit, cooked	$2\frac{1}{2}$ qts. flour, sifted
4 tbsp. baking powder	1 tbsp. salt
2 cups fat	3 cups milk

Sauce

3 qts. fruit juice and water	4 cups sugar or corn syrup
4-8 tbsp. butter or margarine	2 cups cornstarch

Check all materials needed for recipe. Use carefully leveled measurements. Drain fruit and cut in small pieces. Mix together flour, baking powder and salt. Cut fat into flour mixture. Add milk to make a stiff dough. Sprinkle dry flour on board and pat dough out very thin ($\frac{1}{4}$ inch thick). Dough should be size and shape of baking pan. Cut a few holes in the dough to allow steam to escape. Spread fruit in bottom of greased baking pan. Place dough over fruit and pinch to edges of pan. Place in hot oven and bake until dough has browned. This will take about 20 minutes. Make syrup: Mix sugar and cornstarch with water. Add fruit juice and cook until clear. Pour hot syrup over cobbler.



SALADS

To keep fruit from darkening; cover cut surfaces of apples, peaches, pears with lemon, orange or pineapple juice when preparing them. Use this treatment for peeled raw sweet potatoes.

To cut marshmallows so they will not stick to the scissors: Keep blades wet with hot water while cutting.

Grease salad molds with salad oil and salad will come out without dipping in hot water. The salad comes out shining.

Do not mix salads until they are ready to serve.

Slice bananas with silver knife, they won't turn dark.

Soak lemons in water several hours or overnight. Will produce almost twice as much lemon juice. Also may warm lemon in the oven a few minutes before squeezing to get more juice from lemon.

Sliced bananas that have been dipped in pineapple or grapefruit juice for 15 to 30 minutes will keep their natural color for several hours.

FROZEN FRUIT SALAD

- | | | | |
|---|-------------------------|----|---------------------------|
| 1 | tsp. unflavored gelatin | 1½ | cups fruit (fresh, canned |
| 2 | cups heavy cream | | or candied cherries, |
| 2 | tbsp. cold water | | peaches, pears, apples, |
| ¾ | cup mayonnaise | | pineapple, grapes and |
| | Lettuce | | others) |
| 1 | tsp. sugar | | |

Soften gelatin in the water, melt it over steam and beat into the mayonnaise. Add the sugar to the cream and whip it. Then combine with mayonnaise. Stir in fruit. Freeze but not long enough for fruit to get hard. Serve on lettuce. The mayonnaise may be omitted and served separately.

Mrs. Fred Crews, Leak Memorial HDC

FROZEN SALAD DELIGHT

- | | | | |
|---------|--------------------------|---|---------------------|
| 2-3 oz. | pkgs. cream cheese | ⅓ | cup mayonnaise |
| 1 | cup heavy whipping cream | 1 | No. 2 can crushed |
| | (whip until stiff) | | pineapple (drained) |
| ½ | cup green maraschino | ½ | cup red maraschino |
| | cherries (chopped) | | cherries (chopped) |
| 24 | marshmallows (cut fine) | | |

Blend cheese and mayonnaise. Fold in cream and fruits. Mix all ingredients well. Place in trays in freezing compartment of refrigerator until ready to serve. This recipe yields 10 to 12 generous servings. It is my favorite served on crisp lettuce, topped with a little mayonnaise with Ritz crackers for party or club meeting refreshments.

Mrs. Paul Lewis, King HDC

GINGER ALE SALAD

- | | | | |
|---|----------------------|---|---------------------|
| 1 | can sliced pineapple | 1 | can white cherries |
| 2 | boxes jello | ½ | lb. shelled almonds |
| 1 | bottle ginger ale | | |

Dissolve jello in the juices of the fruit, add the fruit, cut nuts up, sweeten to taste and add ginger ale last. Pour into molds which have been dipped in cold water.

Mrs. Dallas C. Kirby, Danbury HDC

FRUIT SALAD

- | | | | |
|---|----------------------|---|----------------------------|
| 4 | medium apples sliced | 1 | cup chopped salted peanuts |
| 3 | bananas, sliced | | to cover the top |
| 3 | tbsp. salad dressing | | |
| | Place on lettuce. | | |

Mrs. Rupert Hall, Capella HDC

FROZEN FRUIT SALAD

- | | |
|--|--------------------------------|
| 1 No. 2 $\frac{1}{2}$ can fruit cocktail | $\frac{1}{4}$ cup mayonnaise |
| 1 tsp. gelatin | Dash salt |
| 2 tbsp. lemon juice | 1 cup whipping cream |
| 1 3-oz. pkg. cream cheese | $\frac{1}{2}$ cup sugar |
| | $\frac{1}{2}$ cup chopped nuts |

Drain fruit cocktail. Soften gelatin in lemon juice, then dissolve over hot water. Blend cream cheese with mayonnaise and salt. Stir in gelatin. Whip cream until stiff, adding sugar gradually during last stages of beating. Fold in cheese mixture, nuts, and fruit cocktail. Pour into refrigerator tray that has been lined with waxed paper. Freeze until firm. 6-8 servings.

Mrs. Betty Mooney, Sandy Ridge Home Economics Teacher

CRANBERRY SALAD

- | | |
|---------------------------------|--------------------------|
| 2 cups fresh cranberries | 1 cup sugar |
| 1 small can crushed pineapple | $\frac{1}{2}$ cup celery |
| $\frac{1}{4}$ cup orange juice | 1 pkg. lemon jello |
| $\frac{1}{2}$ cup boiling water | Chopped nuts |

Grind cranberries, cover with sugar and let stand for several hours. Dissolve jello in boiling water. Add orange juice, pineapple and remaining ingredients. Chill. Serve on lettuce with mayonnaise.

Mrs. F. H. Harmon, King HDC

Mrs. Elmer Boyles, King HDC

CARROT AND CABBAGE SALAD

Combine equal parts shredded cabbage and raw carrots with French dressing to moisten. Serve on lettuce. A little finely cut green pepper may be added.

Mrs. Raleigh Hartman, Forest Chapel HDC

D. A. R. SALAD

DATES: Remove pits from required number of dates. Stuff dates with cream cheese and English walnuts.

APPLES: Core, peel and cut into thick slices large eating apples just before serving and spread each slice with Roquefort cheese which has been creamed with a fork. Arrange apples, two or three slices on lettuce. Surround with a few dates and serve with French dressing.

Luna Taylor, Danbury HDC

CRANBERRY SALAD

- | | |
|--|--|
| 1 cup cranberries (ground) | $\frac{3}{4}$ cup or one small can |
| 1 pkg. raspberry jello | drained crushed pineapple |
| $\frac{1}{2}$ cup finely chopped apple | $\frac{3}{4}$ cup chopped nuts (pecans |
| $\frac{1}{2}$ cup grated cheese | or walnuts) |
| 1 cup sugar | |

Dissolve jello and sugar in one cup boiling water. Let mixture chill until slightly thickened. Mix other ingredients and place in greased individual molds and let chill until firm. Serve with favorite salad dressing. Serves 8 to 10.

Mrs. Albert Miller, Rosebud HDC

EGG AND CABBAGE SALAD

- | | |
|--------------------------------|-----------------------------------|
| 4 sliced boiled eggs | 1 qt. shredded cabbage |
| 4 tomatoes | 1 tbsp. minced onion |
| $\frac{1}{2}$ tbsp. vinegar | 2 tsp. salt |
| $\frac{1}{4}$ tsp. dry mustard | $\frac{1}{2}$ cup evaporated milk |
| 1 cup cottage cheese | |

Mix salt, vinegar, mustard. Stir slowly into milk, add to cottage cheese. Toss in cabbage and tomatoes. Garnish with egg slices.

Mrs. M. D. Webb, Pine Hall HDC

EGG SLAW

- | | |
|-------------------------------|------------------------------------|
| 4 or 5 cooked eggs, sliced | $\frac{1}{2}$ cup chopped celery |
| 2 cups shredded cabbage | $\frac{1}{2}$ cup diced tomatoes |
| 2 tbsp. chopped green peppers | 1 tbsp. grated onion |
| 1 cup salad dressing | $\frac{1}{2}$ tsp. salt and pepper |

Combine all ingredients. Serve on lettuce or other salad greens.

Mrs. Edd Glenn, Pine Hall HDC

WALDORF SALAD

- | | |
|---------------------------------|---------------------------|
| 1 cup cubed apples | 1 tbsp. lemon juice |
| 1 cup nut meats (black walnuts) | 1 cup celery |
| | Salad dressing to moisten |

Mrs. Jim Dalton, Pine Hall HDC

Mrs. Irma Moran, Leak Memorial HDC

Mrs. Decie Boyles, King HDC

CHICKEN SALAD

- | | |
|------------------------------|--------------------------|
| 1 chicken, cooked and ground | 1 small can pimiento |
| 1 bunch celery | Salt and pepper to taste |
| 1½ doz. pickles | Mayonnaise to taste |
| 3 hard boiled eggs | 1½ cup broth |

Mrs. R. W. Boles, Jr., Capella HDC

MY OWN CHICKEN SALAD

- | | |
|--------------------------|--------------------------------------|
| 3 cups diced chicken | 1 cup diced celery |
| 3 hard boiled eggs | 4 to 5 medium sized cucumber pickles |
| Salt and pepper to taste | |

Mix with 1½ cup mayonnaise, and serve on lettuce or in sandwiches.

Mrs. Al Wall, Snow Hill HDC

PORK SALAD

Combine 2 cups diced cold roast pork, 1 cup diced celery or green pepper, 1½ cup diced apples, ¼ cup mayonnaise. Chill and serve in lettuce cups.

Lillie Jefferson, State Line HDC

A DELICIOUS SALAD

Cut 6 hard boiled eggs in halves. Remove yolks, mash and add three tablespoons grated cheese, one teaspoon vinegar, 1½ teaspoon dry mustard, salt and pepper to taste and mayonnaise enough to moisten. Blend thoroughly and refill whites. Serve on lettuce with crisp bacon curls for garnish.

Mrs. Vestal Kiser, King HDC

HINDOO SALAD

- | | |
|--------------------|--------------------------------|
| Cabbage | Chopped parsley or water cress |
| 5 slices of tomato | Mayonnaise |
| 1 hard cooked egg | |

Individual Portion

Crisp a head of cabbage in the refrigerator, shave very thin and arrange on a salad plate. Slice peeled tomato. Salt and pepper each slice and place four slices on the bed of cabbage. On alternate slices sprinkle the finely chopped egg and chopped parsley, or cress. In the center of the salad, place the fifth slice, and on it add a generous mound of mayonnaise. Top with small sprig of parsley.

Mrs. Mabel Roberts, K-Fork HDC

ITALIAN VEGETABLE SALAD

- | | |
|------------------------|----------------------|
| 1/2 head lettuce | About 5 stems celery |
| 1 small onion | 2 med. tomatoes |
| 1/2 pod green pepper | 1 small cucumber |
| 2 or 3 small anchovies | 2 tbsp. Wesson oil |

Break lettuce with fingers, into medium size pieces. Cut rest of vegetables fine. Season to taste. Mix well and serve in salad bowl. Enough to serve 4 people.

Mrs. Chester Paris, Pine Hall HDC

GREEN SALAD

(Serves 6)

- | | |
|-----------------|--------------------------------|
| 1 head lettuce | 1/2 cucumber, fresh or pickled |
| 6 radishes | 2 stalks celery, diced |
| 3 ripe tomatoes | |

Serve with French dressing, or your favorite mixed dressing.

Mas. Baxter Hall, Quaker Gap HDC

A GOOD VEGETABLE SALAD

- | | |
|--------------------------|--------------------------|
| 1 cup chopped lettuce | 1 large cucumber, sliced |
| 1 large tomato | round |
| 2 tbsp. vinegar | 1 large onion |
| Salt and pepper to taste | 2 tbsp. Wesson oil |

Mix all ingredients well and serve.

Mrs. Oliver Goin, Collinstown HDC

LEAFY VEGETABLE SALAD

- | | |
|---|--------------------------|
| 2 cups spinach or other greens shredded | Salad dressing |
| | Salt |
| 3 tbsp chopped onion | 3 cups cabbage, shredded |

Shred crisp green and cabbage. Add finely chopped onion, salt and salad dressing. Mix and serve.

Mrs. John Jefferson, State Line HDC

CANTALOUPE AND LIME JELLO

(A salad or to end meal)

- | | |
|------------------------------|---|
| 1 pkg. lime jello or gelatin | 1/2 of medium size ripe cantaloupe, diced |
|------------------------------|---|

Congeval and serve on lettuce leaf with crackers and drink or as dessert.

Laura V. Ellington, Sandy Ridge HDC

POTATO SALAD

- | | |
|--|----------------------------------|
| 3 cups potatoes (cubed) | $\frac{2}{3}$ cup chopped celery |
| $\frac{1}{3}$ cup chopped green pepper | 1 tsp. salt |
| $\frac{1}{2}$ cucumber, diced | 3 tbsp. French dressing |
| $\frac{1}{4}$ tsp. paprika | mayonnaise |
| 2 hard cooked eggs, sliced | |

Combine ingredients except dressing. Chill and marinate in French dressing 4 to 6 hours. Just before serving, add mayonnaise and mix. Line salad bowl with garden lettuce, fill with salad. Garnish with parsley, slices of hard cooked eggs, wedges of tomatoes.

Mrs. Al Wall, Snow Hill HDC

POTATO SALAD

- | | |
|---|--------------------------|
| 1 doz. med. Irish potatoes | 2 med. apples, chopped |
| 2 med. carrots, chopped | 1 tbsp. onion, chopped |
| $\frac{1}{4}$ cup green pepper, chopped | 2 med. cucumbers, raw or |
| 4 tbsp. mayonnaise | pickled, chopped |
| 5 med. tomatoes, chopped | 2 eggs, boiled, chopped |
| 1 large stalk celery, chopped | |

Cook potatoes in jacket, peel. Chop into small blocks, mix everything together, then add mayonnaise. Serve on lettuce. Salt and pepper to taste.

Adelene Young, North View HDC

HOT POTATO SALAD

- | | |
|------------------------------------|---|
| 8 boiled potatoes (dice while hot) | 4 hard boiled eggs (dice while hot) |
| 2 small onions (chopped fine) | 8 slices of bacon (cut in small pieces) |
| $\frac{1}{2}$ cup vinegar | Salt and pepper to taste |

Place bacon in skillet and fry until light brown. Cut in small pieces, add salt and pepper and vinegar. Boil 2 min., then pour over potatoes, eggs and onions which have been tossed together in a bowl. To keep hot, place in upper portion of double boiler with boiling water in lower part.

Mrs. Tom Simmons, State Line HDC

CARROT SALAD

Mix 1 cup shredded carrots, 1 cup crushed pineapple into 1 box lemon jello and chill until ready to serve.

Mrs. Madeline Watkins, Cleo's HDC

POTATO SALAD

- | | |
|--------------------------------------|-------------------------|
| 1½ lbs. potatoes (about 6 med.) | ½ cup mayonnaise |
| 1 tbsp. vinegar | ½ tsp. salt |
| ½ cup diced celery | ¼ cup diced cucumbers |
| 1 small onion (quartered and sliced) | 1 tsp. chopped pimiento |
| Lettuce | 2 hard cooked eggs |
| | Paprika |

Cook potatoes in salted water until tender. Drain, peel and cut into small cubes. Add mayonnaise and mix thoroughly. Then add vinegar, salt, celery, cucumbers, onion and slices of one egg. Toss lightly with two forks. Heap lightly on crisp lettuce and garnish with pimiento, egg slices and paprika.

Mrs. Boyd Moorefield, Snow Hill HDC

PEANUT-PRUNE SALAD

- | | |
|---------------------------|-------------------------|
| 12 cooked prunes | ⅓ cup cottage cheese |
| 1 tsp. grated orange rind | 2 tbsp. chopped peanuts |
| Salt to taste | Mayonnaise |

Pit and chill prunes. Combine cottage cheese, orange rind, peanuts and salt. Moisten this mixture with mayonnaise dressing and stuff into prunes. Serve on salad greens. 4 servings.

Mrs. R. S. Smith, Jr., Rosebud HDC

CONGEALED SALAD

- | | |
|---------------------------|------------------------------|
| 2 pkgs. cream cheese | 1 can fruit cocktail (large) |
| 1 pkg. jello (any flavor) | |

To jello, add 1 cup hot water, dissolve thoroughly. To cream cheese, add juice from can of fruit cocktail, beat with egg beater until it is like milk. Mix jello, fruit cocktail and cream cheese mixture together. Place in refrigerator.

Mrs. Sam Vernon, Sandy Ridge HDC

HARVEST SALAD

Dissolve 1½ packages of cherry jello in 1 cup of water, add 1 cup sugar, 1 cup pineapple syrup, 1 tablespoon lemon juice, stir to dissolve and allow to chill until it gets thick and sirupy. Then add 1 cup ground raw cranberries, 1 large orange with rind through the grinder. Add 1 cup drained crushed pineapple, 1 cup chopped celery, ½ cup chopped walnuts. Chill in oiled shallow pan. Cut in squares for serving. Thin mayonnaise with pineapple juice, and serve with squares.

Mrs. Walter Petree, Danbury HDC

GOLDEN GLOW SALAD

- | | |
|-----------------------------------|-------------------------------------|
| 4 medium-sized carrots,
grated | 1 cup boiling water |
| 1 small can crushed pineapple | 1 cup pecans |
| 1 cup pineapple juice | 1 pkg. Philadelphia Cream
Cheese |
| 1 pkg. lemon jello | |

Pour hot water over jello, and while cooling, grate carrots; add pineapple juice, carrots, crushed pineapple, nuts and cheese. Place in refrigerator to set. Serve on lettuce leaf. Delicious and tart with meats. Beautiful in color. Good for the eyesight, in more ways than one. Good to look at, and also furnishes vitamins for vision!

Mrs. C. J. Helsabeck, Walnut Cove HDC

CHICKEN SALAD

Cook Chicken well. Free chicken of skin, fat and bones. Pull apart and cut with scissors in size desired. Add as much celery, chopped as chicken. When ready for use mix with home made mayonnaise, or cooked mayonnaise. Add salt and pepper. Add a few chopped sweet pickles.

Mrs. R. A. Hedgecock, Walnut Cove HDC



SANDWICH FILLINGS

1. Minced cooked ham with salad dressing or mayonnaise, chopped hard boiled eggs, chopped celery and pickle relish.

2. Make sandwiches with toasted bread and slices of roast beef. Serve on hot plates with hot gravy poured over the sandwiches. Garnish with pickle.

3. Spread bread lightly with butter. Cover bread with thin slices of American cheese. Then put slices of tomato on the cheese and sprinkle with salt and pepper. Lay two strips of bacon over the top. Put in broiler and broil until cheese melts and bacon is crisp.

Mrs. E. M. Taylor, Danbury HDC

SANDWICH SPREAD

6 red peppers

6 green tomatoes

Grind and drain off juice.

1 10¢ jar mustard

$\frac{1}{2}$ cup vinegar

$\frac{1}{2}$ cup flour

6 green peppers

1 cup sugar

$\frac{1}{2}$ tsp. salt

Mix peppers, tomatoes, vinegar, salt, mustard, sugar and flour and cook 15 minutes or until thick. Pack in hot sterilized jars and seal.

Mrs. Troy Ziglar, Sandy Ridge HDC

CLUB SANDWICHES

- | | |
|-----------------------------|-----------------------------|
| 3 slices bread | 2 or 3 slices baked chicken |
| 3 or 4 thin slices cucumber | 3 slices tomato |
| pickles | 1 strip bacon, fried crisp |
| 2 leaves lettuce | Mayonnaise |

Toast the bread on one side. Spread the first slice (on toasted side) with mayonnaise. Add lettuce leaf, chicken and pickles. Cover with second slice of bread which has been spread with mayonnaise. Add slices tomato, lettuce and bacon broken into small pieces. Season with salt and pepper. Cover with third slice of bread which has been spread with mayonnaise on toasted side. Place finished sandwich on broiler rack and toast until brown.

Mrs. Tom Preston, Pine Hall HDC

5 FANCY SANDWICHES

1. Cream cheese moistened with mayonnaise. This may be made any color using cake coloring.
2. Potted ham with hard cooked egg or chopped pickle or relish.
3. Cottage cheese softened with mayonnaise and spread with jelly.
4. Chopped hard cooked eggs, finely chopped pickles and ground ham moistened with mayonnaise.
5. Ground meat moistened with salad dressing, chopped celery, lettuce and tomato.

Mrs. Troy Ziglar, Sandy Ridge HDC

VEGETABLE SANDWICHES

1. Shredded raw carrots, minced pickle and salad dressing.
2. Chopped pimienta, chopped walnuts and creamed butter.
3. Cream cheese and thinly-sliced radishes.
4. Baked beans, chili sauce and pickle or thinly-sliced onion.
5. Peanut butter, pimienta and sliced cucumber.
6. Chopped hard-boiled eggs and diced pickled beets.

Jane Bledsoe, Home Agent

SANDWICH FILLINGS

1. Pimiento and Cheese: One can of pimiento and one-half pound of cheese put through chopper, mayonnaise (either boiled or oil may be used) to moisten.

2. Chicken: Use cold chicken cut coarse (celery, nuts, pickle or hard-boiled eggs may be added if desired) and mayonnaise.

3. Meat Sandwiches: All kinds of cold meat sliced thin with or without dressing.

4. Potted Ham: One can of potted ham mixed with one tablespoon minced onion and mayonnaise. Chopped pickle may be used in place of onion.

5. Fruits, etc.: Spread slices of light bread with mayonnaise and use as a filling any of the following sliced: pineapple, bananas, olives, cucumbers, tomatoes, hard-boiled eggs, thin slices of onion.

6. Hard-boiled eggs put through grinder with English walnuts; then put with mayonnaise between slices of bread.

7. Chopped dates and cream or cottage cheese moistened with mayonnaise.

8. Chopped dates and peanut butter.

9. Chopped pineapple, nuts and cream cheese.

10. Sardines and hard-cooked eggs mixed thoroughly with mayonnaise.

11. Ground ham with boiled dressing. Chopped nuts may be added.

12. Chopped olives, or sliced stuffed olives and cheese with walnuts.

13. Cream cheese with home-made relish.

14. Mixed chopped celery with peanut butter, moistened with mayonnaise.

15. Grind peanuts fairly coarse, mix with mayonnaise.

(If the bread for tomato sandwiches is buttered, the tomato juice will not make the bread soggy.)

SAUCES



SAUCES AND SALAD DRESSINGS

SAUCES

If cream or custard sauce curdles, put the vessel in which it is cooking in a pot of hot water and heat well. It will become smooth again.

WHITE SAUCE

(Thin)
1 cup milk
1 tbsp. flour
1 tbsp. fat

(Medium)
1 cup milk
2 tbsp. flour
2 tbsp. fat

Melt fat and blend in flour to make a smooth mixture. Add milk slowly and cook over low heat, stirring constantly until thickened. Add salt to taste—about $\frac{1}{4}$ tsp. for each cup of milk. Cook 3 to 5 minutes longer, stirring occasionally.

Milk Gravy—Make like thin or medium white sauce, using pan drippings for fat.

Cheese Sauce—Add 1 cup finely grated cheese to 1 cup hot white sauce, thin or medium. Stir until cheese is melted. Be careful not to overlook.

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NEVER FAIL CRANBERRY SAUCE

Never stir this sauce. The berries will remain clear and transparent and the syrup will be thick and clear.

- | | |
|-------------------|-------------|
| 1 lb. cranberries | 1 lb. sugar |
| 1 pint water | |

Put cranberries in water over fire in a tightly covered saucepan. Simmer until the berries start popping. Add the sugar carefully and continue to boil in open pan about 20 minutes.

Mrs. J. H. Robertson, Pine Hall HDC

CRANBERRY SAUCE

- | | |
|---------------------------------|-----------------------------------|
| 1½ cups cranberries
(ground) | 1 orange, ground (except
seed) |
| 1 cup sugar | 1 box red jello |
| 1 cup water | |

Pour boiling water over sugar and jello. Cool, add cranberries and orange. Nuts and celery also may be added. Let congeal.

Mrs. Bill Blackwell, Pine Hall HDC

LEMON SAUCE

- | | |
|--------------------|-------------------------|
| 1 cup sugar | Rind and juice from one |
| 2 tbsp. cornstarch | lemon |
| 2 cups water | |

Put into saucepan the sugar and water. Let come to a boil, then add the cornstarch which has been moistened with water, stirring constantly. Then add rind grated and lemon juice. Boil slowly 5 minutes. Perfect to serve over gingerbread.

Mrs. Florine K. Steele, Pinnacle HDC

RAISIN SAUCE

- | | |
|---------------------------|----------------------|
| 3/4 cup brown sugar | 3 tbsp. cornstarch |
| 1 1/2 cups broth from ham | 1/4 cup vinegar |
| 1/2 cup raisins | 1 lemon, sliced thin |
| 1 tbsp. fat | |

Mix sugar and cornstarch in top of double boiler and add broth gradually, stirring constantly. Add remaining ingredients and cook until raisins are plump and mixture is thickened, stirring occasionally. Serve with ham or tongue. Makes about 1½ cups.

Mrs. Ben Sarter, Walnut Cove HDC

QUICK TOMATO SAUCE

Heat 1 can tomato soup. Add 2 tablespoons butter and 1 chopped onion (optional). May be thinned with boiling stock or water. Makes two cups.

Mrs. Oliver Smith, Rosebud HDC

BARBECUE SAUCE

Mix together in a cup:

2 tbsp. brown sugar	1 tbsp. vinegar
1 tbsp. mustard	2 tbsp. water

Pour over meat before cooking or baste meat as it cooks. Use on baked beans or broiled chicken, spare ribs, backbones, frankfurters, braised beef, etc.

Mrs. Rufus Rhyne, Walnut Cove HDC

SEAFOOD SAUCE

1 tsp. prepared horseradish	1 tbsp. Worcestershire sauce
3 tbsp. catsup	$\frac{1}{4}$ tsp. Tabasco sauce
1 tbsp. lemon juice	$\frac{1}{4}$ tsp. salt

Mix ingredients thoroughly. Enhances all seafoods. Four servings.

Mrs. E. M. Taylor, Danbury HDC

TARTAR SAUCE

$\frac{1}{2}$ cup mayonnaise	1 tbsp. chopped pickle
1 tbsp. chopped green pepper	1 tbsp. minced parsley
1 tsp. capers, if desired	$1\frac{1}{2}$ tsp. tarragon vinegar, if desired
1 tbsp. chopped onion	

Combine all ingredients. Serve the sauce with fish.

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COTTAGE CHEESE SALAD DRESSING

$\frac{1}{2}$ cup cottage cheese	8 small pickles or olives, chopped
$\frac{1}{2}$ tsp. paprika	3 tbsp. mayonnaise
2 tbsp. lemon juice	
$\frac{1}{2}$ tsp. salt	

Combine ingredients and beat until well blended. Serve with salad greens.

Mrs. E. M. Taylor, Danbury HDC

PINEAPPLE SAUCE

- | | |
|-------------------------------|----------------------|
| 2 tbsp. cornstarch | 1/2 cup sugar |
| 1 No. 2 can crushed pineapple | Juice from one lemon |

Mix corn starch and sugar together with juice from the pineapple. Cook and stir until it thickens. Remove from stove, add drained pineapple and lemon juice. Cool. Makes one or more cupsful.

Mrs. Lelia Blackwell, Pine Hall HDC

QUICK MAYONNAISE

- | | |
|-------------------------------------|---------------------------------------|
| 1 egg | 1 cup salad oil, or enough to thicken |
| 1/4 tsp. dry mustard | 1 tsp. sugar |
| 2 to 3 tbsp. vinegar or lemon juice | 1/2 tsp. salt |

Beat egg well with rotary egg beater. Add sugar, mustard, salt, vinegar, and 2 tbsp. of salad oil. Beat these ingredients well. Continue adding oil, small amounts at a time and beating vigorously after each addition, until very thick, or stiff enough to hold shape. If more acid or seasoning is desired, add to suit taste.

If dressing separates, place a teaspoonful of cold water in a bowl and slowly add the separated dressing, beating mixture as in above directions. Or start with another egg and use separated dressing as new oil, beating in gradually.

Paprika (1/2 to 2 tsp.) may be added for color.

Mrs. Rufus H. Rhyne, Walnut Cove HDC

FRENCH DRESSING

- | | |
|----------------------|-------------------------|
| 1 1/4 cups salad oil | 6 tbsp. vinegar |
| 2 tsp. salt | 1/2 tsp. red pepper |
| 1/4 tsp. paprika | Dash celery salt |
| 1 tsp. sugar | 1 1/2 tbsp. chili sauce |
| 1 tbsp. lemon juice | 2 garlic buds |

Combine all ingredients and mix well.

Mrs. A. J. Ellington, Walnut Cove HDC

ROQUEFORT DRESSING

Mash 3 tbsp. roquefort cheese with a fork until smooth. Add 1/2 cup French dressing and smooth. This is fine on grapefruit salad.

Mrs. A. J. Ellington, Walnut Cove HDC

GOLDEN SALAD DRESSING

- | | |
|-----------------------|-------------------------------|
| 1 cup pineapple juice | $\frac{1}{2}$ cup sugar |
| 2 tsp. butter | $\frac{1}{2}$ cup lemon juice |
| 3 tbsp. cornstarch | |

Cook in double boiler and cool. Whip one cup double cream and fold into dressing.

Mrs. G. E. Stone, King HDC

SALAD DRESSING VARIATIONS

- (1) Mix mayonnaise with whipped cream for fruit salads.
- (2) Add horseradish and mustard to mayonnaise for meat or fish salads.
- (3) Make Russian dressing by adding chili sauce and pickle relish to mayonnaise.
- (4) With French dressing—Mix catsup and chopped olives for green salads.

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FRENCH DRESSING

- | | |
|---------------------------|-----------------------------|
| 2 tbsp. sugar | $1\frac{1}{2}$ tsp. salt |
| 1 tsp. powdered mustard | $1\frac{1}{2}$ tsp. paprika |
| $\frac{1}{2}$ tsp. pepper | $\frac{1}{2}$ cup vinegar |
| $\frac{1}{4}$ cup water | $\frac{3}{4}$ cup salad oil |

Measure dry ingredients into deep bowl. Add vinegar. Stir until sugar and salt are dissolved, then add oil slowly, beating vigorously.

Mrs. Raleigh Hartman, Forest Chapel HDC

SALAD DRESSING

(Keeps for days)

Pour over vegetables that have been cut up but do not salt and pepper.

- | | |
|--|----------------------------|
| $\frac{1}{2}$ tsp. salt | garlic, then crumbled |
| $\frac{1}{9}$ tsp. pepper | $2\frac{1}{4}$ tsp. sugar |
| Not quite $\frac{1}{2}$ cup Wesson oil | $\frac{1}{8}$ tsp. paprika |
| $\frac{1}{4}$ tsp. celery seed | 1 tbsp. vinegar |
| 3 crackers rubbed with | 3 tbsp. tomato catsup |
| | Chop garlic in salad |

Mrs. Barlow Bowles, Danbury HDC

SALAD DRESSING

- | | |
|--|----------------------|
| 1 cup salad oil | through strainer) |
| 1 cup nuts, crisp and cut up
(almonds are best) | Salt to taste |
| 2 hard boiled eggs (mashed) | 1 cup tomato ketchup |

Mix above, adding a whole onion until ready to serve. Good served on all vegetable salads. Grand on avacado pear and grapefruit.

Mrs. A. J. Ellington, Walnut Cove HDC

TOMATO FRENCH SALAD DRESSING

- | | |
|----------------------|---|
| 2 tsp. dry mustard | 1 can (1½ cups) cream of
tomato soup |
| 6 tbsp. sugar | 1½ tsp. salt |
| 1 tsp. paprika | ½ tsp. pepper |
| 2 tbsp. minced onion | ⅔ cup vinegar |
| | 2 cups salad oil |

Combine dry ingredients. Mix with vinegar. Pour into a jar. Add onion, salad oil and soup. Cover and shake thoroughly. Store covered in the refrigerator until ready to use. This dressing keeps well. Makes about four cups of dressing. (A clove of garlic may be added, if desired.)

Mrs. E. M. Taylor, Danbury HDC

COOKED SALAD DRESSING

- | | |
|---------------|---------------|
| 1 tsp. salt | 2 tsp. sugar |
| 1½ tsp. flour | ½ cup milk |
| 2 tsp. butter | ¼ cup vinegar |
| 1 egg | |

Mix dry ingredients, add milk, cook in double boiler until hot then remove from fire. Add well beaten egg and cook until thick, add butter and when cool, add vinegar. This is especially good on potato salad.

Mrs. Ernest Smith, King HDC

Mrs. Jim Dalton, Pine Hall, N. C.

SOUPS



SOUPS

When milk boils over in the oven or on the stove, sprinkle a thick layer of salt on the burning milk, let it stand a few minutes and brush off.

Always start meat for soup with cold water to which salt has been added and gradually heat to boiling point. Do not boil rapidly but just simmer. Cut meat from bone. Break up bones.

VEGETABLE SOUP

2 gal. ripe tomatoes	1½ cups okra
16 ears corn	1 cup sugar
4 green peppers	1 cup vinegar
1½ cups carrots	½ cup salt
2 cups butter beans	1 qt. hot water

Cook all together half hour. Cook the butter beans until tender before mixing. Seal in jars while boiling hot. Makes 8 quarts.

Mrs. R. C. Meadows, King HDC

QUICK POTATO SOUP

2 or 3 med. potatoes, sliced thin	1 med. onion, chopped fine
1 tbsp. butter	1½ cups water, more if liked thin
About 2 cups milk	Salt and pepper to taste

Cook potatoes, onions and fat in water until potatoes are tender. Add milk, salt and pepper. Heat to almost boiling. Serves 3 or 4. Serve with toast or crackers.

Mrs. J. H. Robertson, Pine Hall HDC

CORN SOUP

(A Stone and Collins Summer Supper Special)

Cut tips from two good ears of green corn, discard tips. Scrape and save remainder of pulp of corn. Heat but do not boil, 1 quart sweet milk. Pour over pulp of corn, cook over low heat for about five minutes. Season with two tablespoons of butter and salt to taste. Add a generous dash of black pepper. Eat at once directly from stove to table. It must be treated like oyster soup, eaten at once to be appreciated. Delicious with bacon and brown biscuits. Serves two. Double recipe for a larger family, as generous helpings are required.

Mrs. Lola Stone Collins, Francisco HDC

PIMIENTO CHEESE SOUP

- | | | | |
|----------------|--------------------------|---------------|------------------------|
| 1 | tblsp. butter | $\frac{1}{8}$ | cup chopped pimiento |
| $\frac{1}{2}$ | tblsp. cornstarch | $\frac{1}{8}$ | tsp. salt |
| $1\frac{1}{4}$ | cups milk | | Few grains celery salt |
| $\frac{1}{4}$ | lb. soft American cheese | | Few grains onion salt |
| | Few grains paprika | | Speck cayenne |

Melt butter and cornstarch together in top of double boiler. Add milk gradually and heat to the scalding point. Add cheese cut in small pieces, stir until it is melted. Add pimientos and seasonings. Serve with strips of crisp buttered toast piled in log cabin fashion on a plate.

Mrs. Elmer Petree, Danbury HDC

VEGETABLE SOUP

- | | | | |
|---|-----------------------------|---|------------------------------|
| 2 | carrots, cut in small cubes | 6 | vienna sausages, cut fine |
| 2 | medium size tomatoes | | and broth in can |
| 1 | cup garden peas | 1 | large white potato, cut |
| 1 | cup any cooked dry beans | | small |
| | with broth | 1 | cup canned tomatoes |
| | | 1 | onion, size of egg, cut fine |

Cook carrots, potatoes, tomatoes (if raw), peas, and onions in $1\frac{1}{2}$ pints water until tender. Add cooked beans, broth and Vienna sausages. Cook 5 minutes longer and serve hot with crackers. Add other vegetables, if desired and more water.

Mrs. Robert W. Barr, King HDC

CREAM OF TOMATO SOUP

(8 or 10 servings)

- | | |
|-----------------|-----------------|
| 4 cups tomatoes | 6 tbsp. flour |
| 1 slice onion | 4 tbsp. butter |
| 4 cups milk | Salt and pepper |

Cook tomatoes and onions in a covered saucepan until soft. Press through a sieve. Keep hot until ready to add to white sauce. Make a white sauce of butter, flour, milk and seasonings. When ready to serve, add hot tomato liquid slowly to hot white sauce, stirring constantly. Serve at once with crisp crackers or croutons.

Mrs. R. A. Smith, Sandy Ridge HDC

OYSTER STEW

- | | |
|---|-----------------------------|
| $\frac{3}{4}$ cup non-fat dry milk powder | 1 pint oysters |
| $\frac{3}{4}$ tsp. celery salt (or stalk of celery, chopped fine) | 1 qt. water |
| 1 tsp. salt | Few grains pepper |
| | 3 tbsp. butter or margarine |

Sprinkle powder over water. Beat with rotary egg beater until well blended. Add celery salt, salt, and pepper to milk and heat to boiling. Add oysters. Simmer 5 minutes. Bring to a boil. Add butter. Makes 4 servings. Note: Catsup, lightly used, may be added. (This recipe was developed and tested in Woman's College Home Economics Department in 1952.)

Mrs. Rufus Rhyne, Walnut Cove HDC

MEAT AND VEGETABLE SOUP

- | | |
|--|---------------------------------|
| Meaty soup bone, cracked | 1 cup chopped celery and leaves |
| $\frac{1}{4}$ cup chopped onions | $\frac{1}{2}$ cup diced carrots |
| $\frac{1}{2}$ cup cooked tomatoes | 1 cup creamed potatoes |
| $\frac{1}{2}$ cup turnips, sliced thin | 1 tbsp. sugar |
| Salt and pepper to taste | |
| 2 qts. water | |

Cook meat till almost tender. Then remove bone and add vegetables and salt. Cook slowly until vegetables are tender but not mushy.

Mrs. J. H. Robertson, Pine Hall HDC

VEGETABLES



VEGETABLES

Peel onions under water to keep them from getting in your eyes.—Mrs. Raleigh Hartman, Forest Chapel HDC.

To separate a tight head of lettuce, cut out core and let cold water run into center of the head.—Mrs. Raleigh Hartman.

To take the bitter taste out of turnips, add two or three pieces of raw potato while they are cooking.

Hot milk added to potatoes when mashing them will keep them from being soggy or heavy.

Rice, if washed in hot water instead of cold, is much more quickly cleaned and freed from all dirt and starch. Also, remember to wash your rice in hot water after it is cooked to give a nice fluffy rice with each rice particle separate.

When cooking rice, put a lump of butter in and the rice won't boil over or stick nearly so badly.

For people who say they can't eat onions, soak the onions in milk before using them.

Wrap potatoes in aluminum foil to bake. The skins will remain tender.

If you do not cover spinach when cooking the color will be retained. A pinch of soda added also helps keep the fresh taste and color.

Cooked onions will stay perfectly whole if you stick a hole through the center of each one with a metal skewer before cooking.

Peach juice over candied sweet potatoes instead of water gives a wonderful flavor.—Mrs. D. C. Kirby, Danbury HDC.

To save time when shelling beans or peas, cover with boiling water and shells will open easily.

Add a little salt to everything you cook.

Mrs. J. H. Robertson, Pine Hall HDC

CARROT STRIPS

Scrape carrots, slice them lengthwise in thin pieces. Cook until tender in a covered pan in as little boiling salted water as possible. When tender, drain and season well with butter, salt and pepper. Let the carrots simmer for a few minutes in the remaining water and butter. Serve hot.

Mrs. Charles Tuttle, Forest Chapel HDC

FRIED OKRA

Cut the ends from tender okra pods and slice in one-inch lengths. Drop into a grocery bag which contains flour or corn meal, seasoned with salt and pepper. Remove from bag and shake away excess flour. Fry in heavy skillet, which contains bacon drippings or other fat, until browned on all sides, turning frequently. Okra may also be fried in hot deep fat.

Mrs. C. H. Trawick, King HDC

FRIED TOMATOES

Cut the stem ends and a very thin slice from the bottom end of medium sized tomatoes that are just about ripe. Sprinkle with salt and pepper, and roll in flour, fry in bacon or sausage gravy. Turn on the other side, when brown on both sides, lift carefully to plate and sprinkle with brown sugar to suit taste.

Mrs. G. W. Priddy, Forest Chapel HDC

CHILI BEANS

Soak and cook 1 lb. pinto beans until done. Into skillet brown 1 large onion, 1 cup diced celery, 1 small green sweet pepper, 2 tbsp. bacon drippings, 1 lb. hamburger and 2 tsp. chili seasoning. Add to beans and stir well. Serve hot.

Mrs. S. R. Gibson, Pine Hall HDC

HARVARD BEETS

6 or 8 small beets	1 cup sugar
1 cup orange juice	1 tbsp. flour
Pinch salt	1 tbsp. butter

Cook beets until tender. Peel and slice. Into a double boiler, put the sugar, orange juice, and flour. Cook until it thickens. Add sliced beets and let simmer for a few minutes. Add butter and a pinch of salt and serve hot.

Mrs. Tom Preston, Pine Hall HDC

PEAS, FRENCH STYLE

Line heavy saucepan with 3 or 4 large wet outside leaves of lettuce. Place 2 lbs. peas (shelled) in lettuce. Add 1 tsp. sugar, 2 to 4 tbsp. water (the larger amount for larger peas). Cover pan tight. Cook until tender (about 20 min.). Season, add a little butter and milk (or cream) to any juice left, and serve. When peas are tender, discard lettuce.

Mrs. Myrtle Tuttle, Capella HDC

CREAM HAM AND PEAS

1½ cups cream sauce	1 cup diced cooked ham
1 cup cooked peas	1 tsp. chopped parsley
¼ tsp. pepper	Salt, if needed

Have cream sauce in double boiler. Add ham, peas and seasoning. Heat and serve in potato nests or patty shells.

Mrs. A. G. Sisk, Danbury HDC

BAKED GREEN PEPPER

(Serves 6)

3 med. green peppers	1½ cups cooked tomatoes
1½ cups bread crumbs	½ to 1 cup chopped cooked ham
1 tsp. salt	2 tsp. sugar
Pepper if desired	

Wash peppers, cut in half lengthwise. Remove seed and membrane. Cook in salted water until tender, about 10 minutes. Drain thoroughly and place in baking dish cup side up. Mix all together the tomatoes, to which the sugar and salt have been added, bread crumbs and ham and fill the pepper halves and bake in moderate oven (475 deg. F.) for 30 minutes or until slightly brown.

Mrs. L. O. Williams, Pine Hall HDC

STUFFED PEPPERS

- | | |
|---------------------------|---|
| 4 med. green peppers | $\frac{2}{3}$ cup ground meat (ham or beef) |
| 1 cup soft bread crumbs | 1 tbsp. butter |
| $\frac{1}{2}$ small onion | Salt and pepper to taste |
| 1 cup tomato juice | |

Mrs. P. E. Parsons, Leak Memorial HDC

BAKED BEANS

- | | |
|---------------------------------|---------------------------------|
| 1 qt. pork and beans | 1 tbsp. molasses or brown sugar |
| $\frac{1}{2}$ pimiento pepper | 1 small onion |
| $\frac{1}{2}$ cup tomato juice | 1 tbsp. butter |
| $\frac{1}{2}$ green bell pepper | |

Slice pepper and onion and brown in bacon fat or drippings. Pour pork and beans in this and mix. Add tomato juice and butter. Bake in moderate oven until ready to serve. For a variety can use bacon strips. Salt to taste.

Mrs. J. I. Moore, Walnut Cove HDC

CORN-TOMATO CASSEROLE

Combine and place in greased casserole: $2\frac{1}{2}$ cups each cooked whole kernel corn and tomatoes, 1 chopped small green pepper, $\frac{1}{2}$ cup coarse cracker crumbs, $1\frac{1}{2}$ tsp. salt, dash of pepper, 1 tsp. sugar, and 2 tbsp. melted butter. Sprinkle with grated American cheese, additional cracker crumbs, and dot with butter. Bake in moderate oven for 30 minutes. Serves 8.

Mrs. Myrtle Tuttle, Capella HDC

SUCCOTASH

- | | |
|---------------------------------|---------------------------------------|
| 2 cups corn, cooked and drained | 2 cups lima beans, cooked and drained |
| 3 tbsp butter | Salt and pepper |
| $\frac{1}{2}$ cup light cream | |

Combine vegetables in double boiler. Add butter and seasonings, and cream. Heat thoroughly.

Mrs. Al Wall, Snow Hill HDC

CORN, SOUTHERN STYLE

Choose 8 ears of corn with large kernels. Cut corn from cobs. Add corn to 6 tbsp. melted butter in large skillet. Stir in 2 tbsp. flour, 2 tbsp. sugar, 1 tsp. salt, $\frac{1}{2}$ cup top milk and cook covered for 10 minutes. Add $\frac{1}{2}$ cup cream just before serving. Serves 6.

Mrs. Myrtle Tuttle, Capella HDC

STUFFED SQUASH

- | | |
|---------------------------|--------------------------------|
| 4 med. squash | 2 tbsp. butter |
| 4 tbsp. top milk | $\frac{1}{2}$ cup bread crumbs |
| $\frac{1}{4}$ tsp. pepper | $\frac{1}{2}$ tsp. salt |
| 1 tbsp. minced onion | |

Boil squash 10 minutes. Cut them in halves—lengthwise. Take out center and mix dry ingredients with milk and centers of squash. Stuff this in the squash. Bake to a golden brown in oven 400 deg. F.

Mrs. Troy Ziglar, Sandy Ridge HDC

Mrs. Rufus Rhyne, Walnut Cove

POTATO PANCAKES

- | | |
|---------------------------------------|-------------------------|
| 2 large raw white potatoes
(1 lb.) | 1 tbsp. grated onion |
| 2 tbsp. straight flour | 2 eggs, unbeaten |
| $1\frac{1}{2}$ tsp. salt | Speck of pepper |
| | Melted fat or salad oil |

Wash and pare the raw potatoes, then grate them on a fine grate. Quickly stir in onion, eggs, flour and seasoning. Drop from tablespoon into $\frac{1}{4}$ inch hot fat in skillet spreading each cake with back of spoon until it is thin. Saute into a deep golden brown on both sides. Serve apple sauce or canned peaches as side dish with pancakes.

Mrs. Frank Martin, Danbury HDC

POTATO BALLS

- | | |
|--------------------------------|---------------|
| 6 med. pared potatoes | Milk |
| 1 egg | Salt to taste |
| $1\frac{1}{2}$ cups cornflakes | |

Cook potatoes until tender. Mash and add salt and milk to make stiff mashed potatoes. Beat in egg. Crush corn flakes. With your hands, shape the mashed potatoes into balls. (If you dip your hands in cold water, the potatoes won't stick.) Roll balls quickly in cornflakes. Put the balls in baking pan and put in oven at 250 deg. F. to keep them warm until serving them.

Mrs. Wendell Keiger, King HDC

SWEET POTATOES IN ORANGE-PEEL HALVES

Cook sweet potatoes, peeled, or un-peeled, until tender; mash and add sugar to taste; pinch of salt; sweet milk to make them the right consistency, vanilla flavoring; fill orange halves and press one marshmallow in the center and bake. Makes an attractive addition to a luncheon, or party plate; very colorful!

Mrs. C. J. Helsabeck

POTATO FRITTERS

3 large potatoes
 $\frac{1}{4}$ tsp. salt
1 cup milk

$1\frac{1}{4}$ cups sifted flour
1 egg

Wash and pare potatoes, rinse them and dry with cloth. Cut into round slices about $\frac{1}{8}$ -inch thick. Mix flour and salt, add egg and milk, and beat, until a smooth batter is formed. Dip potatoes in batter and fry in hot deep fat (365-380 deg. F.) to a golden brown. Drain on absorbent paper, sprinkle with salt; serve very hot. Serves 4.

Mrs. Madeline Watkins, Cleo's HDC

SWEET POTATO MOUNDS

3 cups mashed sweet
potatoes
3 tbsp. shortening
(preferably butter)

$\frac{1}{3}$ cup crushed pineapple
 $\frac{1}{2}$ tsp. salt
8 slices of pineapple

Brown slices of pineapple in serving dish or on platter. Add shortening to hot mashed potatoes. Salt to taste. Add drained crushed pineapple and beat until light and fluffy, but not too moist. Pile potatoes lightly on browned sliced pineapple. Top each with marshmallow. Set in oven until puffed. Served at once.

Mrs. N. E. Pepper, Danbury HDC

ORANGE SWEET POTATOES

8 large sweet potatoes
 $\frac{1}{2}$ cup orange juice
1 tbsp. grated orange peel
3 tbsp. butter

$\frac{1}{2}$ cup milk
 $\frac{1}{2}$ tsp. salt
1 tsp. cinnamon
 $\frac{1}{3}$ cup brown sugar

Boil potatoes until tender. Mash well, add the remaining ingredients, mixing well. Place in baking dish and bake 25 or 30 minutes. Remove from oven. Place marshmallows 2 inches apart on top. Return to oven and brown.

Mrs. Lydia Hodge, Sandy Ridge HDC

SWEET POTATOES AND PINEAPPLE RING

Bake or boil 4 medium sweet potatoes. Mash and add 4 tbsp. butter, 1 cup cocoanut, 1 cup pineapple juice and sweeten to taste. Drain pineapple and place in baking dish. Put mounds of potatoes on each slice. Top with marshmallow. Bake 15 min. in 350 deg. F. oven.

Mrs. Troy Ziglar, Sandy Ridge HDC

POTATOES AND HAM

3	cups thinly sliced raw Irish potatoes	1 $\frac{1}{4}$	cups water
		2	tbsp. butter
2	tbsp. flour	$\frac{1}{2}$	tsp. salt
1	cup chopped raw ham	4	tbsp. whole milk

Place half of the potatoes in a greased baking dish, sprinkle with half of flour, salt, chopped ham and bits of butter. Repeat until all is used. Put milk in water and pour over potatoes and ham. Cover and bake in moderate oven, 350 deg. F. about 45 minutes. Remove cover and continue baking about 15 minutes or until potatoes are tender and browned. Makes four to six servings.

Mrs. Dewey Shelton, Snow Hill HDC

MAIN DISH MEAL

On a square of aluminum foil place one large or two small pieces of chicken, salt and pepper, 1 large slice of onion, several small pieces of potatoes or whole ones (small), several lengthwise slices of carrots, small amount of butter and two tablespoons of water. Bring up edges of foil, fold over together, being careful not to tear it, and then roll in and press the ends to seal. Place all in a shallow pan and bake 2 $\frac{1}{2}$ hours at 350 deg. F. This may be varied by using ones choice of sauce or substituting chops and other vegetables according to taste and need.

Mrs. J. H. Robertson, Sr., Pine Hall HDC

BAKED SQUASH

2	tbsp. butter	2	cups canned squash
$\frac{1}{2}$	cup bread crumbs	2	tbsp. cream
1	tsp. salt	2	tbsp. chopped onion

Melt butter in frying pan and cook onion until yellow. To squash, add onion, cream, bread crumbs and salt. Pour into greased baking dish and bake in moderate oven until brown.

Mrs. Rufus Rhyne, Walnut Cove HDC

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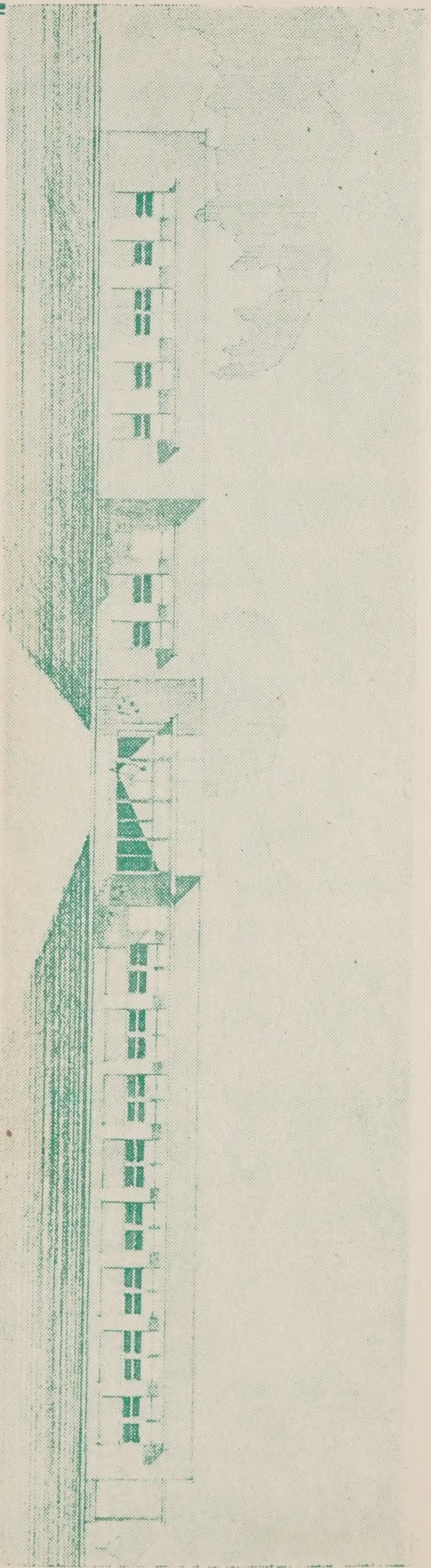
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